Garden to Table: Ferment & Pickle
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The summer is rolling in and the plants are shooting up! What to do with all that food? Maybe you’ve already tried canning and freezing, but have you entered the world of fermentation and pickling? The bright flavors and incredible nutritional boost they add to your meals are worth exploring.

Pickling
Benefit: Pickles can be made from nearly any summer vegetable and paired with endless combinations of herbs. Nutritional highlight: Pickles are often made with the addition of various herbs and spices like garlic, dill, thyme and peppers that are all adding an extra load of nutrients like iron, vitamin C and antioxidants. Tip: Try quick pickling when you want to enjoy the flavor of pickles but don’t want to go through the canning process.

Quick Fridge Pickles
Use this as a template to use for pickling almost anything from your garden.

Ingredients
• 2-3 tablespoons herbs and spices – garlic, dill, bay leaves or hot peppers
• 3 ½ cups bite size veggie pieces – radishes, cucumbers, onions or beans
• 2-3 teaspoons sea salt
• ½ - ¾ cup vinegar
• 1 -1 ½ cups water

Instructions
• In a quart size jar, add herbs and spices to the bottom
• Pack veggie pieces into the jar, up to one inch from the top.
• Add salt to the jar and fill it 1/3 with vinegar and 2/3 with water. Poke around to make sure the air bubbles come up.
• If you have a metal lidded jar, cut a piece of parchment paper to place on the jar before putting the lid on.
• Shake well and store in fridge. Pickles will be ready to eat within a few days and can store for a month or longer.
Note: these pickles must be stored in the refrigerator.

Recipe by Carey Thornton.