



Step 1. Prepare Vegetables: Wash and chop vegetables into the desired shape you would like for pickles.

Step 2. Select Flavorings

Get creative with fresh or dry flavorings. Mix and match from the following suggested list of fresh and dried herbs and spices to add up to 2 tablespoons per pint jar or 4 tablespoons per quart jar.

Dry

Bay leaves Mustard seed Dill seed
Celery seed Pickling spice Chile peppers
Cumin seed Peppercorns Turmeric

Fresh

Dill Jalapeño or habanero peppers
Garlic Oregano
Shallot Horseradish

Step 3. Pack Vegetables

Pack prepared vegetables snugly into washed pint-sized or quart-sized canning jars or similar sized glass or heatproof plastic containers with lids.

Step 4. Make Brine:

Sour Brine

3 cups white vinegar (or apple cider)5% acidity
3 cups bottled water
3 Tbsp. canning/pickling Salt
2 Tbsp. Sugar

Sweet Brine

3 cups white vinegar (or apple cider)5% acidity
3 cups bottled water
2 Tbsp. canning/pickling Salt
1 ½ cups Sugar Bring

Bring brine to a boil and let boil for 2 minutes. Remove from heat

Step 5. Fill Jars with Brine

Carefully fill the jars with brine to within 1/2 inch of the top of the rim. Place the lids on the jars and refrigerate. Allow flavor to develop for 1 – 2 days before serving. Use within 2 months.

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The UC Master Food Preserver Program's mission is to keep Californians safe and well as they use culturally appropriate, research-based practices to safely preserve food in the home, reducing food waste, increasing food security, and providing engaging ways for Californians to explore healthy food.

Resources

San Bernardino County Master Food Preserver

- Website – ucanr.edu/sites/sbmfpp/
- Facebook – SBMFP

UC Master Food Preserver State Website: mfp.ucanr.edu

- Video Library, Publications Library, Recipe Card Library

National Center for Home Food Preservation (nchfp.uga.edu)

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¡Vamos a conservar!: Encurtidos de primavera del refrigerador

1er paso. Preparar los vegetales

Lave y corte las verduras en la forma deseada para los encurtidos.

2do paso. Elija sabores

Sé creativo con aromas frescas o secas.

Mezcle y combine de la siguiente lista sugerida de hierbas y especias frescas y secas. Agregue hasta 2 cucharadas por frasco de pinta o 4 cucharadas por frasco de cuarto de galón.

<u>Seco</u>		<u>Fresco</u>
Hojas de laurel	semilla de mostaza	Chiles jalapeño y habanero
Semillas de apio	decapado de especias	eneldo
Chiles	granos de pimienta	ajo
cominos	cúrcuma	oregano
semillas de eneldo.		chalote
		Rábano picante

3er paso. Empaque verduras

Empaque las verduras preparadas bien acomodadas en frascos lavados para enfrascar o conservar tamaño de pinta o de cuarto. También puede usar envases de vidrio de tamaño similar o de plástico resistente al calor con tapas.

4to paso. Haga el escabeche

Haga el escabeche agrio o dulce.

Escabeche agrio

- 3 tazas de vinagre blanco (vinagre de manzana 5%)
- 3 taza de agua
- 3 Cucharadas de sal para conservar
- 2 Cucharadas de azucar

Escabeche dulce

- 3 tazas de vinagre blanco (vinagre de manzana 5%)
- 3 taza de agua
- 2 Cucharadas de sal para conservar
- 1 ½ cups azucar

Deje hervir el escabeche por 2 minutos. Retírelo del fuego.

5to Paso. Llene los frascos con el escabeche

Con cuidado llene los frascos con el escabeche hasta 1/2 pulgada del borde del frasco. Coloque las tapas en los frascos y refrigere. Deje reposar 1 a 2 días antes de server. Úselo en 2 semanas.



Fuente: Por Kathleen Savoie, educadora de extensión, Universidad de Maine Extensión Cooperativa

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Let's Preserve: Refrigerator Pickles

Step 1. Prepare Vegetables

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Step 2. Select Flavorings

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Dry

Bay leaves
Celery seed
Chile peppers
Cumin seed
Dill seed
Mustard seed
Pickling spice
Peppercorns
Turmeric

Fresh

Jalapeno or habanero pepper
Dill
Garlic
Oregano
Shallot
Horseradish

Step 3. Pack Vegetables

Pack prepared vegetables snugly into washed pint-sized or quart- sized canning jars or similar sized glass or heatproof plastic containers with lids.

Step 4. Make Brine Make either sweet or sour brine using the following recipes:

Sour Brine

3 cups white vinegar (or apple cider)5% acidity
3 cups water
3 Tbsp. canning/pickling salt
2 Tbsp. sugar

Sweet Brine

3 cups white vinegar (or apple cider)5% acidity
3 cups water
2 Tbsp. canning/pickling salt
1 ½ cups sugar

Bring brine to a boil and let boil for 2 minutes. Remove from heat.

Step 5. Fill Jars with Brine

Carefully fill the jars with brine to within 1/2 inch of the top of the rim. Place the lids on the jars and refrigerate. Allow flavor to develop for 1 – 2 days before serving. Use within 2 weeks.



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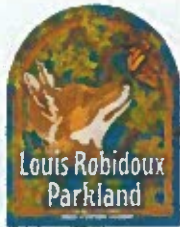


RESOURCE
CONSERVATION ALLIANCE



Source: Kathleen Savoie, Extension Educator, University of Maine Cooperative Extension

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Notas de encurtido

26 de julio

Los productos en vinagre realmente añaden sabor a las comidas y bocadillos. La hábil mezcla de especias, azúcar y vinagre con frutas y verduras crea una textura crujiente y firme, así como un sabor fuerte y agridulce. Aunque los mercados de alimentos hoy en día ofrecen una gran variedad de encurtidos y salsas, muchos consumidores prefieren hacer sus propios productos en vinagre cuando las verduras del jardín y las frutas frescas están en abundancia. Se pueden hacer varios tipos de productos en vinagre dependiendo de los ingredientes utilizados y los métodos de preparación.

La fermentación es un proceso que involucra la transformación de ingredientes crudos en una amplia gama de productos sabrosos, preservados y a menudo nutricionalmente mejorados. En su esencia, la fermentación es impulsada por microorganismos, como bacterias, levaduras y mohos, que descomponen carbohidratos y otros compuestos orgánicos en ausencia de oxígeno. Esta actividad metabólica genera un espectro de compuestos, incluidos ácidos, alcohol y gases, que no solo preservan los alimentos, sino que también les otorgan texturas y sabores distintivos. El proceso de fermentación abarca una diversa gama de tradiciones culinarias y alimentos, desde pan y queso hasta chucrut y kimchi, mostrando tanto el arte como la ciencia de aprovechar microorganismos para crear productos deliciosos y nutricionalmente valiosos.

Fermente en la encimera hasta que tenga el sabor deseado y luego guarde en el refrigerador por hasta 12 meses. A medida que coma y reduzca la cantidad de producto en el frasco, cambie a un frasco más pequeño. Puede procesar y hacer que sea estable en estante, pero tenga en cuenta que el calor matará las bacterias.

Pepinillos en refrigeración: este producto requiere refrigeración como agente de conservación. Estos productos generalmente se almacenan en el refrigerador por hasta 2 meses. Este proceso es bastante rápido y fácil y es una excelente manera de conservar un pequeño lote de productos.

Pickle estable en estante - Estos productos tienen un paso de procesamiento (también conocido como enlatado). No debe desviarse de una receta de confianza para crear su propia salmuera para este artículo a menos que se indique lo contrario en la receta. Estos productos se pueden almacenar por hasta 18 meses en su despensa bajo las condiciones adecuadas. Estas condiciones incluyen no estar expuestos a la luz solar directa y almacenarse en un lugar fresco.

Sal – Se recomienda el uso de sal para conservas o sal de encurtir. Los encurtidos fermentados y no fermentados se pueden hacer de manera segura utilizando tanto sal de mesa yodada como no yodada. Sin embargo, los materiales antiaglomerantes añadidos a las sales de mesa pueden hacer que el líquido de encurtido se vuelva turbio. La sal en escamas varía en densidad y no se recomienda su uso. Las sales reducidas en sodio, por ejemplo, "Lite Salt", pueden usarse en recetas de encurtidos rápidos, como se indica en esta guía. Sin embargo, los encurtidos pueden tener un sabor ligeramente diferente al esperado.

Vinagre – La regla es 5% de acidez al conservar productos encurtidos. No te desvíes de este requisito. Para los encurtidos en el refrigerador, tienes cierta flexibilidad, ya que el refrigerador es el proceso de conservación en el que confías.

Agua – Utiliza agua no clorada al encurtir.



Pickling Notes

July 26, 2025

Pickled products truly add spice to meals and snacks. The skillful blending of spices, sugar and vinegar with fruits and vegetables creates a crisp, firm texture and a pungent, sweet-sour flavor. Although food markets today offer a wide variety of pickles and relishes, many consumers like to make their own pickled products when garden vegetables and fresh fruits are in abundant supply. Various types of pickled products can be made depending on the ingredients used and methods of preparation.

Fermentation is a process that involves the transformation of raw ingredients into a wide array of flavorful, preserved, and often nutritionally enhanced products. At its core, fermentation is driven by microorganisms, such as bacteria, yeast, and molds, that break down carbohydrates and other organic compounds in the absence of oxygen. This metabolic activity generates a spectrum of compounds, including acids, alcohol, and gases, which not only preserve food but also imbue it with distinctive textures and flavors. The fermentation process encompasses a diverse range of culinary traditions and foods, from bread and cheese to sauerkraut and kimchi, showcasing both the art and science of harnessing microorganisms to create delectable and nutritionally valuable products.

Ferment on counter until you have the desired flavor then store in fridge for up to 12 months. As you eat and reduce the amount of product in the jar change to a smaller size jar. You can process and make shelf stable, but realize the heat will kill the bacteria.

Refrigerator Pickle – this product requires refrigeration as the preservation agent. These products are typically stored in the fridge for up to 2 months. This process is rather quick and easy and is a great way to preserve a small batch of produce.

Shelf-Stable pickle – These products have a processing step (aka canning). You should not deviate from a reputable recipe to create your own brine for this item unless otherwise stated in the recipe. These products can be stored for up to 18 months in your pantry under proper conditions. These conditions include not in direct sunlight and stored in a cool space.

Salt – Use of canning or pickling salt is recommended. Fermented and non-fermented pickles may be safely made using either iodized or non-iodized table salt. However, non-caking materials added to table salts may make the brine cloudy. Flake salt varies in density and is not recommended for use.

Reduced-sodium salts, for example, "Lite Salt," may be used in quick pickle recipes, as indicated in this guide. The pickles may, however, have a slightly different taste than expected

Vinegar – 5% acidity is the rule when canning pickled product. Do not deviate from this requirement. For Refrigerator pickles you do have some flexibility since the refrigerator is the preservation process you are relying on.

Water – Use non-chlorinated water when pickling.