

Mrs. Gilpin's Pickles

Start with some fresh dill...

"Pickles" - pickled cucumbers made with dill and garlic - have remained the most popular pickled vegetable since the late 1800s.

Many other vegetables were pickled also, including beets, tomatoes, onions, asparagus,



Photo by David Cavagnaro

cabbage, beans and carrots.

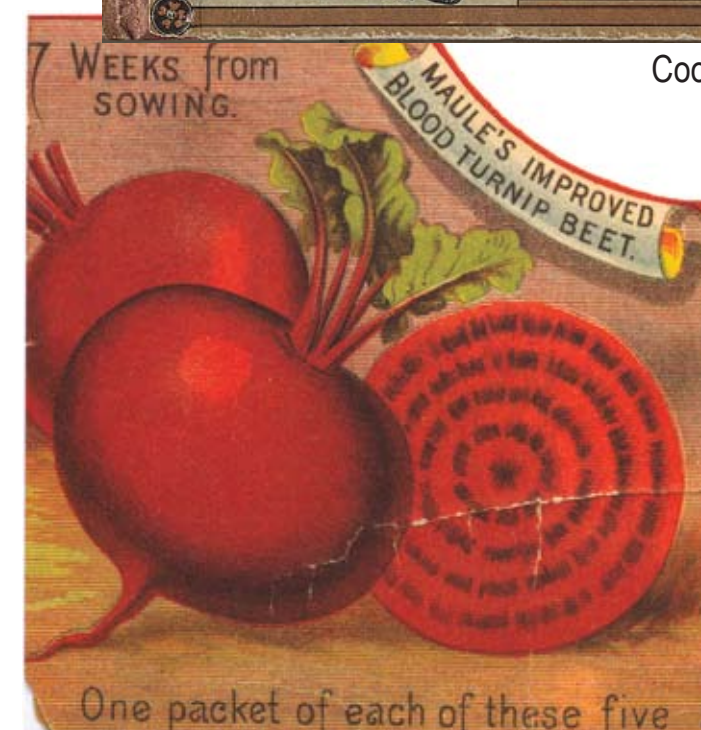
With no fast long distance transport in the 19th century, Vancouverites didn't have access to fresh produce all year. They had to preserve fruits and vegetables in summer so they would last until the following spring.

Pickling was a common method of preserving food. By adding vinegar and salt, harmful microorganisms that might cause the food to spoil would be killed. The results were safe to eat and delicious!

In canning heat pasteurization preserves vegetables in



Cookbook cover, 1883



sterilized jars. Sugar or vinegar may be added as a preservative.

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