



**LOVE  
FOOD**  
hatewaste  
CANADA

**GOT CUCUMBERS IN NUMBERS?  
USE 'EM UP.**

# QUICK & EASY REFRIGERATOR PICKLES

Pickling vegetables locks in flavour and crispness better than the crisper drawer ever could, and keeps produce from spoiling.

[lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)

**zerowASTE**  
NATIONAL ZERO WASTE COUNCIL  
An Initiative of Metro Vancouver

# QUICK & EASY REFRIGERATOR PICKLES

**Makes one  
1 L jar of  
pickled  
vegetables  
Ready in  
30 minutes,  
plus time  
for cooling**

## Suggested Ingredients

Vegetables to loosely fill a  
1 L canning jar (if using a mix, choose vegetables of similar density, e.g. carrots and turnips or cucumbers and green beans)  
1½ cups distilled white or cider vinegar  
1 cup water  
¼ cup sugar (optional, if you like sweet pickles)  
2 tbsp coarse salt  
1 bay leaf  
1 tbsp mustard seeds  
1 tsp whole black peppercorns  
1 tsp fennel seeds (optional)  
1 tsp red pepper flakes (optional)

- 1** Clean and slice vegetables. Pack into a sterilized 1 L canning jar, leaving about 2.5 cm of room at the top.
- 2** Make the brine. In a medium saucepan, combine the vinegar, water, sugar, and spices. Cook over medium heat, stirring, until the sugar and salt have dissolved. Bring to a boil.
- 3** Pour the brine into the jar to completely cover the vegetables. Cool to room temperature and seal with lid. After it's sealed, tip the jar upside down to evenly distribute the spices.
- 4** Refrigerate for at least one day to let the flavours develop. Keeps for up to one month.

*Source: Waste Free Kitchen Handbook by Dana Gunders*

**Find more tips at: [lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)**

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