

October



Welcome to the last lesson plan of the Junior Garden Club! In the last lesson plan we learned about the different preservation techniques. In this lesson we will be learning about how to pickle cucumbers!

Did you know that cucumbers can be turned into **pickles**?

Canning is the process of heating food, placing it in a jar or a can, and processing it to create an airtight seal. When cucumbers are canned, we call them pickles!

Let's get pickling!



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Different Kinds of Cucumbers

There are certain cucumbers that taste better when pickled. Cucumbers that are crunchy and flavourful are usually ones that are used for pickling, such as kirby cucumbers. Cucumbers with thin skin and minimal flavour are not good for pickling because their soft texture means they might turn soft, such as English cucumbers.

Canning pickles uses a combination of vinegar and heat processing to preserve the produce for several months at room temperature. This process sterilizes the can, which means it has no bacteria, by using really hot temperatures.

Refrigerator pickles are not heat-processed, which means bacteria has the potential to grow. They must be stored in the refrigerator and eaten within a few weeks of making them. Refrigerator pickles are a quick and easy way to make your own pickles.

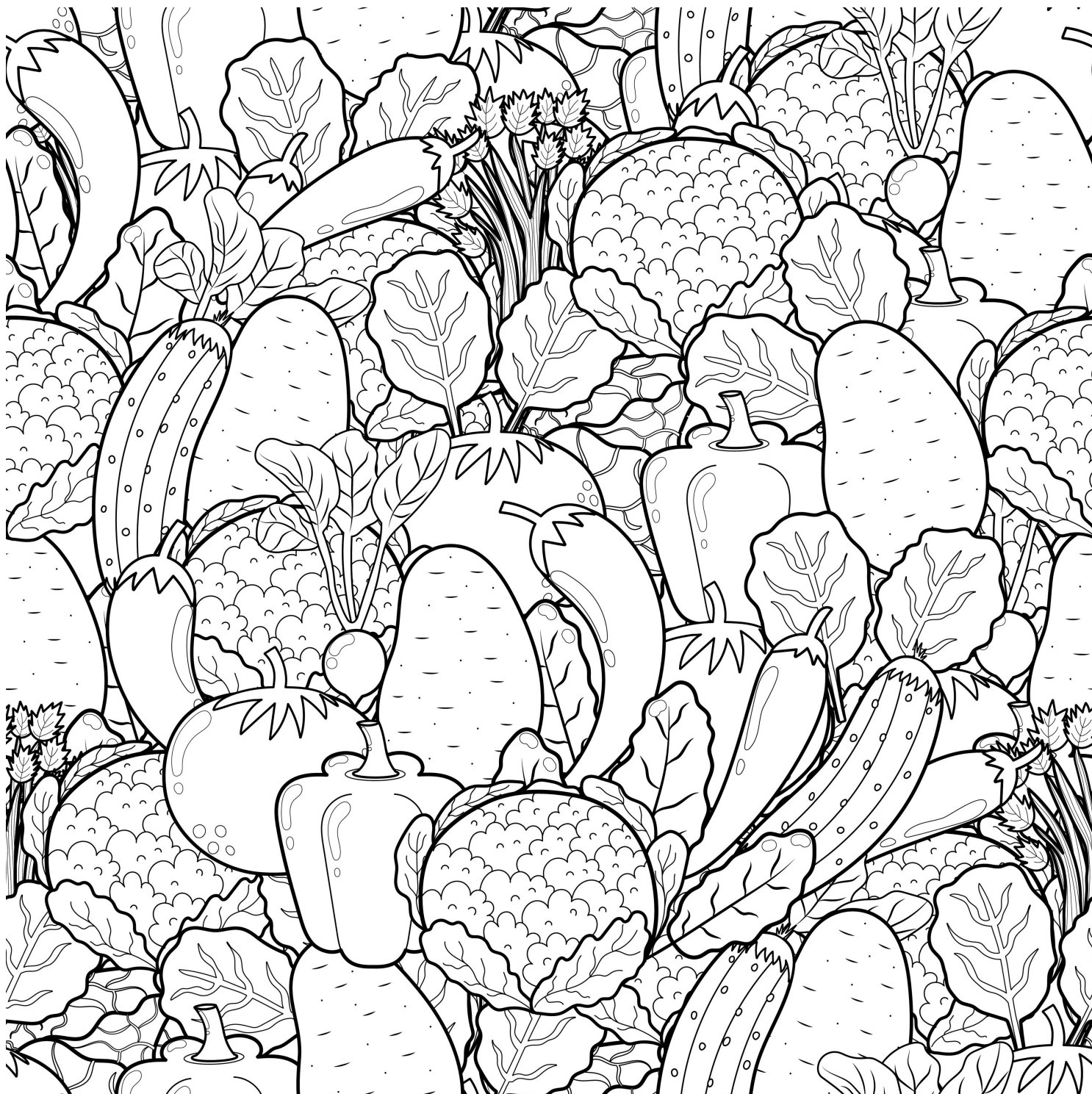


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Colouring Activity

Colour in bountiful harvest below!



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Refrigerator Pickles

Ingredients:

2 pounds mini cucumbers
4 garlic cloves
1 tsp black peppercorn
1 tsp mustard seeds
¼ tsp red pepper flakes
8-10 fresh dill weed sprigs
2 cups distilled white vinegar
1 tbsp salt
1 tbsp sugar

Method:

- 1.) Slice the cucumbers in half or quarters and place into clean mason jars. Add the garlic, peppercorn, mustard seeds, red pepper flakes, and fresh dill weed evenly into the mason jars.
- 2.) Combine the vinegar, salt, and sugar in a saucepan over medium-high heat. Bring to a boil and whisk until the salt and sugar are dissolved.
- 3.) Pour the vinegar solution into the mason jars making sure that the cucumbers are fully covered.
- 4.) Cover and refrigerate for 24 hours. Enjoy!



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References:

The Spruce Eats—A Brief Guide to Types of Cucumbers <https://www.thespruceeats.com/cucumber-varieties-4069657>



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