

Home on the Range



Martha Zepp, center, demonstrates pickling techniques while workshop attendees watch at the Lancaster Extension workshop.

A Pickle Is More Than A Cucumber

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Food And Family
Features Editor

LANCASTER (Lancaster Co.) — If you are scrambling to preserve summer's final bounty, consider pickling.

"A pickle is more than a cucumber," said Martha Zepp, who taught a pickling workshop this week for Lancaster's County's Penn State Cooperative Extension.

Zepp, who writes the "Well Preserved" column for *Lancaster Farming*, prepared a wide variety of pickled foods in addition to pickles and pickle relish. Some of these included beets, cauliflower, brussels sprouts, beans, cantaloupe, corn, and tomatoes.

While sharing pointers for pickling a wide variety of foods, she prepared pickled corn relish.

Here are some pickling recipes she has tried and proven.

For more recipes and fact sheets on problems and pointers when pickling, contact the Lancaster Extension office by calling Zepp at (717) 394-6851.

PICKLED CORN RELISH

- 10 cups fresh whole kernel corn (16-20 medium-size ears) or six 10-ounce packages of frozen corn
- 2½ cups diced sweet red peppers
- 2½ cups diced sweet green peppers
- 2½ cups chopped celery
- 1½ cups diced onions
- 1¼ cups sugar
- 5 cups vinegar
- 2½ tablespoons canning or pickling salt
- 2½ teaspoons celery seed
- 2½ tablespoons dry mustard
- 1¼ teaspoons turmeric

Yield: about 9 pints.
Boil ears of corn five minutes. Dip in cold water. Cut whole kernels from cob or use six 10-ounce frozen packages of corn.

Combine peppers, celery, on-

ions, sugar, vinegar, salt, and celery seed in a saucepan. Bring to a boil and simmer 5 minutes, stirring occasionally. Mix mustard and turmeric in ½ cup of the simmered mixture. Add this mixture and the corn to the hot mixture. Simmer another 5 minutes.

If desired, thicken mixture with flour paste (¼ cup flour blended in ¼ cup water) and stir frequently.

Fill jars with hot mixture leaving ½-inch headspace. Adjust lids and process half-pints or pints for 15 minutes in a boiling water bath canner.

PICCALILLI

Piccalilli is a green tomato relish that is good served with pork or seafood. It can be used in the same manner as a hot dog relish. This particular recipe uses brown sugar, which makes the sryup dark and sweet.

- 6 cups chopped green tomatoes
- 1½ cups chopped sweet red peppers
- 1½ cups chopped green peppers
- 2½ cups chopped onions
- 7½ cups chopped cabbage
- ½ cup canning or pickling salt
- 3 tablespoons whole mixed pickling spice
- 4½ cups vinegar (5 percent acidity)
- 3 cups brown sugar

Yield: 9 half pints.
Wash, chop, and combine vegetables with ½ cup salt. Cover with hot water and let stand 12 hours. Drain and press in a clean white cloth to remove all possible liquid. Tie spices loosely in a spice bag and add to combined vinegar and brown sugar and heat to a boil in a saucepan. Add vegetables and boil gently 30 minutes or until the volume of the mixture is reduced by one-

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It's the end of summer, but the garden is still producing some of the most sumptuous vegetables and fruits.

If only you could prolong the abundance of fresh garden produce.

In a way you can. Try some of the pickling recipes for cauliflower, cantaloupe, tomatoes, corn and more. Today's collection of recipes include those from our readers and some from a recent workshop taught by Martha Zepp, who writes the Well Preserved column that appears in this paper throughout the spring and summer months.

MIXED PICKLE

- 1½ quarts cucumbers
- 1 quart pearl onions
- 1 pound lima beans
- 1 pint carrots
- 1 head cauliflower
- 6 red peppers
- 6 green peppers
- 6 yellow peppers
- 2 small or 1 large stalk celery
- 1½ quart diluted vinegar
- 8 cups sugar
- 6 teaspoons mustard seed
- 4 teaspoon celery seed
- 2 level teaspoons ginger
- 1 level teaspoon paprika
- 1 level teaspoon turmeric

Soak cucumbers in salt water overnight. Dice carrots, peppers, and celery. Divide head of cauliflower into the small heads (such as you would cook for a meal).

Bring the vinegar, sugar, mustard seed, celery seed, ginger, paprika, and turmeric to a boil; add the vegetables and boil for 15 minutes and put in jars and seal.

Clara Dorman
Lewisburg

FREEZER VEGETABLE SOUP

- 1 quart chopped fresh tomatoes
- 1 cup diced celery
- 1 cup sliced carrots
- 1 cup diced onion
- 2 teaspoons sugar
- 1 teaspoon salt (optional)
- ½ teaspoon pepper

Combine soup ingredients in large kettle. Bring to a boil. Cover and simmer for 45 minutes. Cool.

If desired, place 2 cups each into freezer containers and freeze. When ready to use, you can thaw out and add 2 cups cooked, diced potatoes plus 2 cups water for soup and simmer 40 minutes.

Mary Templon
Calhoun, W.V.

SUMMER VEGETABLE CASSEROLE

- 2 tablespoons butter
- ½ cup diced green pepper
- ½ cup diced onion
- 1 cup corn
- 1 cup diced zucchini
- 1 cup diced fresh tomatoes
- Salt and pepper to taste
- ¼ cup bread crumbs
- Grated cheese

Melt butter; add vegetables and saute until tender, about 10 minutes. Season with salt and pepper. Put into casserole dish. Sprinkle with bread crumbs and grated cheese. Preheat oven to

End-Of-Summer Produce Offers Great Tastes

350 degrees. Bake 30 minutes or until top turns light golden brown.

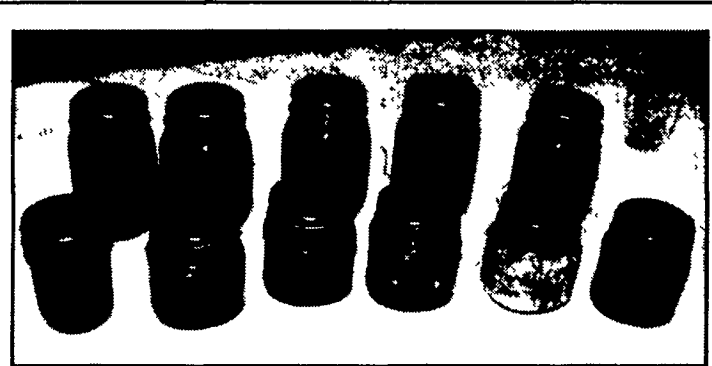
Mrs. Daniel Yoder
Lewistown

ZUCCHINI PICKLE

- 2 pounds zucchini
- 2 small onions
- ¼ cup salt
- 2 cups white vinegar
- 2 cups sugar
- 1 teaspoon celery seed
- 1 teaspoon turmeric

2 teaspoons mustard seed
Wash zucchini and cut in thin slices. Peel and quarter onions and cut in thin slices. Cover vegetables with water and add salt. Let stand 2 hours then drain thoroughly. Bring remaining ingredients to boil and pour over vegetables. Let stand 2 hours then bring to boil and boil 5 minutes. Pack in hot sterilized jars and seal.

Clara Dorman
Lewisburg



These jars of preserved fruits and vegetables prove that a pickle is more than a cucumber. Pickled produce includes beets, cauliflower, brussels sprouts, beans, cantaloupe, corn, and tomatoes.

Featured Recipe

Think pickling is reserved for cucumbers? Think again.

"A pickle is any fruit, vegetable, meat, or combination preserved primarily by the use of vinegar and or salt. The blending of spices, sugar, and vinegar with fruits and vegetables creates a crisp, firm texture, and pungent, sweet-sour flavor," said Martha Zepp, who taught a class this week at the Lancaster County Extension on pickling.

Pickled products flavor and interest to meals and snacks.

Zepp emphasized the importance of following recipes exactly. "Never alter the proportions of vinegar, produce, or water in a recipe. Use only tested recipes to make sure the level of acidity in a pickled product is safe to prevent the growth of Clostridium botulinum," she said.

Some other pointers included the following:

Use canning or pickling salt. Table salt includes anti-caking materials and iodine, which can cause cloudy brine and may turn starchy foods blue.

Use cider or white vinegar of 5 percent acidity. White distilled vinegar is recommended for foods where a clear color is desired. Cider vinegar has a good flavor and aroma but my darken white or light-colored foods.

Use white sugar unless the recipe specifically calls for brown sugar. Sugar helps plump pickles and keep them firm.

Use soft water if possible. Hard water may interfere with the formation of acid in brined pickles and prevent them from curing properly. To soften hard water for pickling, boil the water 15 minutes and let stand 24 hours, covered. Remove any scum that appears. Slowly pour water from the container so the sediment will not be disturbed. Discard the sediment. Distilled water can be used in pickle making.

For additional information and recipes about food preservation, contact the Penn State Cooperative Extension in your county.

PICKLED CAULIFLOWER OR BRUSSELS SPROUTS

- 12 cups of 1-2-inch cauliflower flowerets or small brussels sprouts
- 4 cups white vinegar (5 percent)
- 2 cups sugar
- 2 cups thinly sliced onions
- 1 cup diced sweet red peppers
- 2 tablespoons mustard seed
- 1 tablespoon celery seed
- 1 teaspoons turmeric
- 1 teaspoon red pepper flakes

Yield: about 4 pints.
Wash cauliflower flowerets or brussels sprouts (remove stems and blemished outer leaves) and boil in salt water (4 teaspoon canning salt per gallon of water) for three minutes for cauliflower and four minutes for brussels sprouts. Drain and cool. Combine vinegar, sugar, onion, diced pepper, and spices in large saucepan. Bring to a boil and simmer five minutes. Distribute onion and diced pepper among jars. Fill jars with pieces and pickling solution, leaving ½-inch headspace. Adjust lids and process in a boiling water canner 10 minutes.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

September

- 20 — Make It With Rice
- 27 — National Honey Month

October

- 4 — National Pork Month
- 11 — National Veal Month