





THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## CREATE YOUR OWN: QUICK ORGANIC PICKLES

**Student Name:**

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**Summary:** Pickles are a delicious snack or accompaniment to many different foods. Pickling—the process of fermenting in a salt brine or using vinegar to preserve and flavor vegetables—is believed to be the oldest method of preserving food and dates back to over 4,000 years old. In this lesson, you will learn one of the many techniques to pickle vegetables.

**Time:** 60 minutes

### Before you get started:

- Collect all materials
- Check-in with an adult at home before using a knife and the stove (if those aren't things you do normally without supervision).

### Materials:

- See the [Create Your Own: Quick Organic Pickles](#) recipe (linked and attached below) to determine what materials you will use.

### Vocabulary:

- **Salt brine:** a solution (mixture) of water and salt.
- **Preservation:** in cooking this refers to the process of treating and handling food so that it slows down the process of spoilage.



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**REVIEW:** In this lesson, you will be practicing the knife skills you learned [How to: Cut Vegetables](#). Take a look at the [Knife Basics Visual](#) for a refresher on the types of basic cuts.

**READ:** For many of us, when we hear the term *pickle* we think of those classic dill pickles that come in a jar. Those pickles are made with cucumbers. Did you know that pickling is actually a process of preservation and can be done with many types of vegetables? You can have pickled green beans, okra, asparagus, cauliflower, carrots, and so much more!

It is believed that the process of pickling began in India over 4,000 years ago. The rich history of pickling spans the globe. Different parts of the world have their own unique methods for pickling, using different flavors and vegetables in the recipes. For example, in Mexico, *escabeche* is a blend of pickled jalapenos, carrots, and onions that is served alongside tacos. *Achar* is a type of pickle from India that uses mangos, limes, and other ingredients.

There are many ways to make pickles. Today we will be making *quick pickles*, which are vegetables (and sometimes fruit!) that are preserved in vinegar. Another common method of pickling is soaking vegetables in a salt brine to encourage [fermentation](#). That method results in fermented pickles (also called Lacto-fermented pickles).

**ANSWER:** Spend some time thinking about the different types of pickles that you or your family are used to eating. Answer these questions, either with a classmate, a family member or on your own.

1. Are there types of pickles you really like?
  
  
  
  
  
  
  
  
  
  
1. Does your family have a tradition of making your own pickles? If you don't know, ask one of your family members.



## CREATE YOUR OWN: QUICK ORGANIC PICKLES

**DO:** Complete the [Create Your Own: Quick Organic Pickles](#) recipe (linked and attached below) by following each step and making your own choices. Remember to read over your recipe at least once before you begin cooking.

**READ:** The recipe directs you to choose 1 lb. (one pound) of vegetables and gives you options of what types of vegetables you can choose. Many fruits and vegetables are sold by weight. For example, 4-6 medium-sized carrots are 1 lb. Two medium-sized onions weigh about 1 lb. It can be helpful to remember that 1 lb. equals 16 ounces. For more references on measurements and weights see our [Kitchen Measurements](#) visual.

**RECORD:** Write down your recipe by circling each item you are adding or coloring that item in. You can also write down your completed recipe in the [Recipe Card](#) visual.

**CLEAN:** Clean your knife, dry it, and put it away securely before getting started on the rest of your kitchen clean up using your [Cleaning Checklist](#).

**ENJOY:** Now that you have made some pickles, enjoy them as a snack and as an accompaniment to many different foods.

**WRITE:** Reflect on how it felt for you to create your own recipe. Spin your Reflection Wheel and answer the questions for the section you landed on. If you haven't completed a reflection wheel, see the lesson [Kitchen Reflection Wheel](#).

**SHARE:** Your teacher will let you know how to share your recipe with your class. You can also send your recipe to a family member or a friend.

### Student Notes:

- You can extend this activity and learn more with the following activities:
  - Check out our [How to Read a Recipe Lesson](#) if you want to learn more about reading recipes.
  - What to explore more of the science behind pickling? Look at this resource titled, [Science of Cooking: Pickles](#).
  - Want to learn about how people from around the world make pickles? See [this article](#) about different ten different pickling techniques from ten different countries. Try your hand at using some of the suggested techniques.

**Teacher Notes:**

- See [Sharing Toolkit for Teachers](#) to help determine how students will share and which platform they will use. Also see our [Sharing What You Made](#) resource for students on how to create voice memos, photo diaries, etc.
- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.3. The third lesson of Unit 2.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.

**References:**

Deboschneck, A. (2014, February 15). 10 Countries, 10 Ways to Pickle. *First We Feast*. Retrieved from <https://firstwefeast.com/eat/2014/02/pickles-recipes-from-all-over-the-world/>

Science of Cooking: Pickles (n.d). *Exploratorium*. Retrieved from <https://www.exploratorium.edu/cooking/pickles/index.html>

Spencer, M (2017, July 20). History of Pickling and Pickling Spices. *Farmers Almanac*. Retrieved from <https://www.almanac.com/news/cooking/herbs-and-spices/history-pickling-and-pickling-spices>

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# QUICK ORGANIC PICKLES

## [RECIPE VISUAL]

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# Create your own Quick Organic Pickles



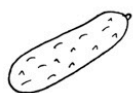
QUICK PICKLES ARE ALSO KNOWN AS REFRIGERATOR PICKLES. THEY ARE VEGETABLES THAT ARE PICKLED IN A VINEGAR, WATER AND SALT (SOMETIMES SUGAR, TOO) SOLUTION AND STORED IN THE REFRIGERATOR.

THIS RECIPE MAKES 2 PINT JARS WORTH OF PICKLES.

## STEP ONE

PREP ALL YOUR ORGANIC VEGETABLES FOLLOWING THE DIRECTIONS BELOW AND PACK THEM INTO 2 PINT-SIZED JARS.

- CHOOSE ORGANIC VEGETABLES: 1lb TOTAL



CUCUMBERS



OKRA



CARROTS



RED ONIONS



RADISHES



CAULIFLOWER



TURNIP

OTHER OPTIONS: SUMMER SQUASH, CELERY, ASPARAGUS, WATERMELON RINDS, BELL PEPPERS, GREEN BEANS, BEETS, YELLOW ONIONS. CHOOSE ONE OR PICK A COMBINATION OF A COUPLE.

- CHOOSE PREPARATION METHOD:



THINLY SLICED



CUT INTO SPEARS



DICE

→ WE RECOMMEND CUTTING THE SUMMER SQUASH INTO SLICES. BEETS AND CARROTS PICKLE BEST WHEN PEELED.

## STEP TWO

CHOOSE SPICES AND SEASONINGS

- ADD GARLIC (OPTIONAL)



2 CLOVES

SMASHED FOR MILD GARLIC FLAVOR,  
OR SLICED FOR STRONGER GARLIC FLAVOR.

- CHOOSE FRESH HERBS AND SPICES: 1-3 SPRIGS OR 1 TABLESPOON MINCED (OPTIONAL)



THYME



DILL



ROSEMARY



OREGANO

OTHER IDEAS: BASIL, GINGER, MARJORAM

→ YOU CAN USE THE DRIED VERSION OF THESE HERBS

- CHOOSE WHOLE SPICES: (OPTIONAL)



2 TEASPOONS  
BLACK PEPPERCORNS



3 TEASPOONS  
CORIANDER



1 TABLESPOON  
MUSTARD SEEDS

OTHER OPTIONS: RED PEPPER FLAKES

- CHOOSE GROUND SPICES:

1 TEASPOON



TURMERIC



SMOKED  
PAPRIKA



CUMIN

## STEP THREE

HEAT VINEGAR AND WATER WITH SALT, SPICES AND SEASONINGS

- CHOOSE VINEGAR: 1 CUP



WHITE OR RED  
VINEGAR



APPLE CIDER  
VINEGAR



RICE  
VINEGAR

- ADD WATER: 1 CUP

- ADD SALT: 1 TABLESPOON

- CHOOSE SWEETENER: 1 TABLESPOON (OPTIONAL)



GRANULATED  
SUGAR



HONEY



PALM SUGAR

**DIRECTIONS:** HEAT VINEGAR, WATER, SEASONINGS, SPICES, SALT AND SWEETENER (IF USING) IN A SAUCEPAN. ONCE IT COMES TO A BOIL TURN IT OFF AND LEAVE FOR 3 MINUTES. POUR BOILING MIXTURE OVER THE PREPARED VEGETABLES JARS. LEAVE THE JARS ON THE COUNTER UNTIL THEY ARE COOL. LID THEM AND STORE IN THE REFRIGERATOR. THEY SHOULD KEEP FOR UP TO 3 WEEKS.