

Fermentation Pickles



History of Pickles

- It is believed that cucumbers were first pickled 4500 years ago in Mesopotamia.
- It is interesting to note that Amerigo Vespucci, America's namesake, was also a pickle salesman.
- The pickle production process has become more automated, however the basic pickling methods have changed very little.
- Pickles are still a popular food, with over 5 million pounds consumed daily.



How Pickles are Made

- Usually, pickles are made by heating food to kill bacteria or make bacterial spores dormant and then placing the food in vinegar (which contains acetic acid).
- Home-made pickles are often made using a simpler, short brine method in which the pickles are placed in brine just long enough to draw out water and then canned in hot vinegar.
- The pickles demonstrated today are made by natural fermentation.

Pickling Process

- Put cucumbers whose ends have been cut off in crock lining outside crock with grape leaves. You can add garlic and dill, layering with the pickles.
- Make a brine from brine charts at makesauerkraut.com using proportions for pickles.



Fermentation Containers



- www.stonecreektrading.com
- [Ohio Stoneware - Stoneware, Stoneware Crock, Stoneware Bakeware](http://OhioStoneware.com)
- <https://www.redhillgeneralstore.com/Fermentation-Airlock/5-Gallon-Fermenting-Bucket-With-Airlock.htm>

