



RECIPE: Homemade Pickling Spice

Makes about 24 tsp (enough for about 24 pints of pickles!) It's handy to have a jar of this around for spontaneous pickle making.

- 6 TBSP mustard seed
- 1 ½ tsp ground allspice
- 4-6 tsp coriander seed
- 3 tsp ground ginger
- 3 tsp red pepper flakes
- 3 bay leaves, crumbled
- 3 cinnamon sticks, crushed (I used a hammer – nothing like breaking out a tool box in the kitchen)
- 6 whole cloves, crushed (the hammer again....)

Mix all ingredients together and store in an airtight container.

RECIPE: Pint o' Winter Pickles

This is a great way to use up odds and ends of winter root vegetables. You can use the same recipe for summer veggies as well, but if you do be sure to add a fresh grape leaf to keep the waterier veggies crunchy. This recipe is adapted from <http://abikeablefeast.blogspot.com>. Makes 1 pint.

Combine in a freshly cleaned pint jar:

- ½ cup water
- ½ cup white or apple cider vinegar
- 2 TBSP sugar
- 1 tsp pickling spice (well, look at you, you've made your own!)
- 1 tsp coarse salt

Stir, and let stand at room temperature until the sugar and salt dissolve.

Next, add:

- 1 sprig dill (because these are pickles, after all)
- 1 garlic clove, peeled
- 1 hot pepper or pinch of chili flakes (optional)
- 1 star anise (optional, especially nice to have this liquorice flavor with beets)
- washed and thinly sliced beets, turnips, and/or radishes

If the veggies aren't completely submerged, top off with a half-water/half-vinegar mixture as needed.

Seal and refrigerate for 7-10 days. Use within 3 months. (Psh. Like you can resist for that long....)

Recipes courtesy of food educator, Ibtisam Vincent (<http://abikeablefeast.blogspot.com>) – board member, Slow Food DC (www.slowfooddc.org).