

# Dill Pickle Spears

## INGREDIENTS:

4 pounds pickling cucumbers (about 4 inches long)  
2 teaspoons ground turmeric  
10 cups boiling water  
3 tablespoons dill seed, divided  
3 tablespoons dill weed, divided  
6 teaspoons mustard seed, divided  
6 cloves crushed, peeled garlic, more if desired  
peppercorns  
2 1/4 cups distilled white vinegar (5% acidity)  
2 1/4 cups water  
3 tablespoons pickling or non-iodized salt  
\*\*\*For Each Jar\*\*\*  
1/2 tablespoon dill seed  
1/2 tablespoon dill weed  
1 teaspoon mustard seed (optional)  
1 clove garlic, crushed, peeled (or to taste)  
4 peppercorns

## DIRECTIONS:

Wash cucumbers with cold water. Trim off blossom ends and quarter cucumbers lengthwise. Place in a large bowl with turmeric. Pour boiling water over cucumbers, stir well. Let stand at room temperature for 1 hour. This will give a nice color to pickles. Drain, rinse and drain again.

Prepare 6 hot sterilized wide-mouth, pint-size canning jars. Place the dill seed, dill weed, mustard seed (optional), crushed, peeled garlic cloves (to taste), and peppercorns in each jar.

Combine remaining ingredients in large saucepan; bring to boil and stir to dissolve salt. Pack cucumber wedges vertically in jars and ladle hot liquid over cucumbers, leaving 1/4-inch headspace. Run a thin, non-metallic utensil inside jars to remove air bubbles. Wipe rim of jars clean with damp cloth.

Cover jars with metal lids and screw on bands. Process in boiling water canner at 180-190 degrees F (simmering water) for 15 minutes.

## NUTRITION:

9 calories, 0 grams fat, 2 grams carbohydrates, 0 grams protein per ounce. This recipe is low in fat.

yes

[Show full nutritional data](#) (including Weight Watcher's Points®, cholesterol, sodium, vitamins, and diabetic exchanges)

## Pickles

There are so many recipes for various pickles around. I will only list the 3 recipes I use on a

regular basis and the steps to ensuring crunchy pickles everytime.

1. I find the varieties of "Straight Eight" and "National Pickler" the best for 4-8" cucumbers.
2. Select cucumbers that are firm and blemish free. For pickling whole, cucumbers that are 4 to 6 inches work best. You can use the larger cucumbers for sliced and speared pickles.
3. Wash your cucumbers to remove any small spines that are on some varieties.
4. To achieve crisp pickles:
  - Make a mixture of 1 cup canning lime to 2 gallons of water. The lime will settle to the bottom, this is okay.
  - Soak your cucumbers 8 hours or overnight for best results. Do not skip this process if you want crisp pickles.
  - Rinse cucumbers well twice.

**OR**

- Use Ball® Pickle Crisp (calcium chloride) at 3/4 teaspoon per jar. I have not used this product so I can not comment on how crips the pickles are.
5. Use wide mouth canning jars. They are not only easier to fill, it is easier to get pickles out!
  6. Wash jars in hot water (or run through dishwasher) and keep warm. I heat my oven to 180°F and keep jars in there until filling them.
  7. Place canning rack on the sides of the canner and fill with water to the top of the rack. Turn heat on under canner.
  8. Have small pan of simmering water to heat domed lids. (Use magnetic lid wand or use heat resistant strainer.)
  9. Fill jars to specified height.
  10. Start timing of water bath when water has started to boil.
  11. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
  12. Do **not** retighten bands!
  13. Resist the urge to press down on the center of the lid to check for a good seal. Listening for the 'pop' of the lid during cooling (meaning another jar just sealed) is most gratifying sound!
  14. After 24 hours, check the seal by pressing the center of the lid. If it does not move up and down, you have been successful! If it does, refrigerate jar or remove band and lid, wipe the rim again and reprocess.
  15. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.
  16. Wash the bands in hot soapy water, dry thoroughly and store for next year's harvest! Trust me, you don't want to leave the bands on the jars!
  17. Try to use your canned foods within one year's time.

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## Dill Pickles

- About eight pounds 4"-6" cucumbers, limed and rinsed
  - 2 quarts Distilled White Vinegar 5% Acidity (Cider Vinegar can also be used, but brine will be yellowish).
  - 2 quarts Water
  - 1/2 cup pickling salt (do not use regular table salt, it will cloud the brine.)
  - Dill Heads (you could also use dry dill seed)
  - Alum
1. Combine vinegar, water and salt and bring to boil.
  2. Reduce heat
  3. Fit cucumbers into wide mouth quart jar as tightly as you can. Add one head of dill and 1/4 teaspoon alum.
  4. Carefully pour in vinegar brine leaving 1/4" headspace.
  5. Wipe rim with damp, clean cloth.
  6. Place heated dome lid securely on center of jar.
  7. Tighten band finger tight.
  8. Place in canning rack.
  9. When canner is full, lower canning rack, put lid on canner and return to a boil.
  10. Start timing when water boils. Process quarts for 15 minutes.
  11. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
  12. Listen for the 'pop' of the lid that signifies a jar sealed.
  13. After 24 hours, check the seal by pressing the center of the lid.
  14. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.

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## Garlic Dill Pickles

- About eight pounds 4"-6" cucumbers, limed and rinsed
- 2 quarts Distilled White Vinegar 5% Acidity (Cider Vinegar can also be used, but brine will be yellowish).
- 2 quarts Water
- 1/2 cup pickling salt (do not use regular table salt, it will cloud the brine.)
- Dill Heads (you could also use dry dill seed)
- Alum

- Mustard Seed
- Garlic Coves

1. Combine vinegar, water and salt and bring to boil.
2. Reduce heat
3. Fit cucumbers into wide mouth quart jar as tightly as you can. Add one head of dill and 1/4 teaspoon alum, 1/2 teaspoon mustard seed, 1 garlic clove.
4. Carefully pour in vinegar brine leaving 1/4" headspace.
5. Wipe rim with damp, clean cloth.
6. Place heated dome lid securely on center of jar.
7. Tighten band finger tight.
8. Place in canning rack.
9. When canner is full, lower canning rack, put lid on canner and return to a boil.
10. Start timing when water boils. Process quarts for 15 minutes.
11. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
12. Listen for the 'pop' of the lid that signifies a jar sealed.
13. After 24 hours, check the seal by pressing the center of the lid.
14. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.

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## Bread & Butter Pickles

- 4 quart thinly sliced cucumbers that have been limed and rinsed
  - 8 medium white onions, peeled and thinly sliced
  - 1/2 cup Pickling Salt
  - Crushed Ice
  - 1 quart Apple Cider Vinegar 5% Acidity
  - 2 cup sugar
  - 1 teaspoon Celery Seed
  - 1-1/2 teaspoon Ground Ginger
  - 1-1/2 teaspoon Tumeric
  - 1 tablespoon Mustard Seed
  - 1 tablespoon Black Pepper Corn
1. Layer cucumbers and onions and salt. Cover with crushed ice and let stand for 2 hours.
  2. Drain and rinse cucumber and onions.
  3. Place drained cucumber and onions in large kettle, add the remaining ingredients and bring to a simmer, stirring often.
  4. Pack into hot, wide mouth jars, remove air bubbles.
  5. Wipe rim with damp, clean cloth.

6. Place heated dome lid securely on center of jar.
7. Tighten band finger tight.
8. Place in canning rack.
9. When canner is full, lower canning rack, put lid on canner and return to a boil.
10. Start timing when water boils. Process pints for 10 minutes; quarts for 15 minutes.
11. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
12. Listen for the 'pop' of the lid that signifies a jar sealed.
13. After 24 hours, check the seal by pressing the center of the lid.
14. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.

## Tomatoes

It is recommended that tomatoes be processed in a steam-pressure canner since the acidity of tomatoes have lessened in recent years. That being said, I process the recipes presented on this web page in a water bath. Please use your own discretion.

Many tomato recipes call for peeled tomatoes. An easy way to peel tomatoes is to place them into boiling water until the skin start to crack, then plunge them into ice cold water.

## Basic Canned Tomatoes

- 4 quarts chopped, peeled, cored tomatoes (about 24 large)
- 1 cup Chopped Celery
- 1 cup Chopped Onion
- 1 cup Chopped Green Pepper
- 1/2 cup White Vinegar 5% Acidity (not needed if processing in steam-pressure canner)
- 2 teaspoons salt

1. Combine all ingredients, cover and cook 10 minutes, stir

- to prevent sticking.
2. Ladle into hot jars, leaving 1 inch headspace. Really squish the vegetables in, removing liquid if needed.
  3. Remove bubbles with spatula.
  4. Wipe rim with damp, clean cloth.
  5. Place heated dome lid securely on center of jar.
  6. Tighten band finger tight.
  7. Place in canning rack.
  8. When canner is full, lower canning rack, put lid on canner and return to a boil.
  9. Start timing when water boils. Process pints for 15 minutes; quarts for 20 minutes.
  10. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
  11. Listen for the 'pop' of the lid that signifies a jar sealed.
  12. After 24 hours, check the seal by pressing the center of the lid.
  13. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.

### Barkley's Salsa

This recipe comes from a co-worker of mine, Andy (& Janet) Barkley. It has wonderful flavor without being obnoxiously hot.

- 4 c. diced tomatoes (meat only)
- 1-1/2 c. 1/4 in. diced banana pepper
- 1-1/2 c. 1/4 in. diced green bell pepper
- 1/4 c. finely diced jalapeno pepper, with seeds

- 3/4 c. 1/4 in. diced onion
- 1/2 tsp. garlic powder
- 1/2 tsp. cilantro (dry)
- 3/4 c. vinegar
- 1-1/2 tsp. salt
- 1/8 tsp. cumin
- 8 oz. Can tomato paste

1. Combine all ingredients in a large pot.
2. Bring to boil, reduce heat, and simmer for 20 min.
3. Pack in hot Mason jars.
4. Remove bubbles with spatula.
5. Wipe rim with damp, clean cloth.
6. Place heated dome lid securely on center of jar.
7. Tighten band finger tight.
8. Place in canning rack.
9. When canner is full, lower canning rack, put lid on canner and return to a boil.
10. Start timing when water boils. Process pints for 35 minutes; quarts for 45 minutes.
11. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
12. Listen for the 'pop' of the lid that signifies a jar sealed.
13. After 24 hours, check the seal by pressing the center of the lid.
14. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.
- 15.

## Chow Chow

This relish is good in salads; tuna, potato, egg.

- 1 peck green tomatoes (8 quarts)
- 2 stalk celery
- 2 medium head cabbage
- 10 medium onions
- 10 green peppers
- 2 cup salt
- 6 cup vinegar
- 10 cup sugar
- 3 tbsp celery seed
- 3 tbsp mustard seed

1. Grind the vegetables.
2. Mix vegetables together with 2 cups salt in a plastic container. Let stand overnight; drain liquid off vegetables.
3. In a large pan, mix vinegar, sugar, celery seed and mustard seed.
4. Bring to a boil, stirring to dissolve sugar.
5. Put drained vegetables into vinegar mixture and bring to a boil again.
6. Cook until vegetables are transparent in color.
7. Ladle into hot canning jars
8. Remove bubbles with spatula.
9. Wipe rim with damp, clean cloth.
10. Place heated dome lid securely on center of jar.
11. Tighten band finger tight.
12. Place in canning rack.
13. When canner is full, lower canning rack, put lid on



canner and return to a boil.

14. Start timing when water boils. Process pints for 35 minutes.
15. After processing, place jars on towel with at least 1" distance between jars to allow for cooling.
16. Listen for the 'pop' of the lid that signifies a jar sealed.
17. After 24 hours, check the seal by pressing the center of the lid.
18. Remove the bands from the jars, wipe down the jars and store them in a dry, cool, dark place.
19. Yield: 15 to 18 pints

## Freezing Basics

Most all foods can be frozen. The faster the food is frozen, the better the results.

- Start with fruit, meat and vegetables that are at their peak of freshness. Vegetables that are little past prime can result in questionable results since certain enzymes are present in vegetables as they decay. If you need to use vegetables that have seen better days, be sure to remove any decayed parts.
- Wash, prepare (slice, remove seeds, etc) and pat dry before freezing.
- Use heavy plastic bags made for freezing or use two bags if using normal plastic storage bags.
- Label and date your bags with a permanent marker. It's easy to tell what is in the bag now, but it gets more difficult 6 months down the road!