

RECIPE OF THE WEEK

Fermented Pickles

Tangy and crunchy, the flavour and texture of pickles traditionally comes from the acid that Lactobacillus bacteria - naturally occurring on vegetables - produce. We can help these guys along by giving them a salty, anaerobic environment that makes it hard for their competitors like yeasts to make a go of it. Vinegar pickling also has an ancient history, though pasteurised (as opposed to 'live') vinegars are an invention of the last century.

Ingredients

For one 1 L mason jar

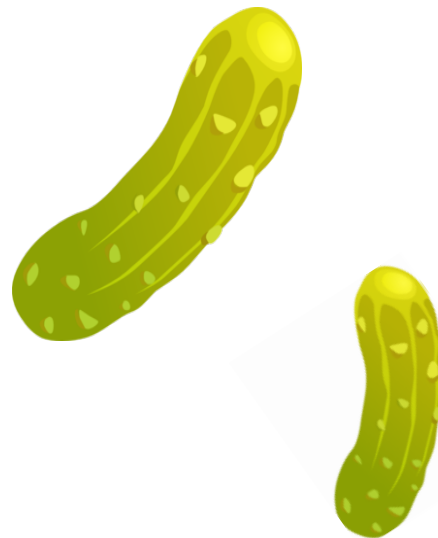
1 Tbs + 1 tsp kosher or pickling salt

1 1/2 tsp pickling spice

2 cloves garlic

1 sprig dill

Small cucumbers or carrots or
other vegetables



Method

Sterilise jars in boiling water. Prepare vegetables by rinsing in very cold water - remove any soft ends, blossoms etc. Place salt, spices and herbs in jar, then fill with vegetables packing them in tight so none can rise to the surface. Fill jar with cold water up past the veggies. Place the lid on but don't tighten all the way. Store the pickles in a cool place like the fridge on a tray to catch the brine that will begin to bubble out after a few days. Let age 5-6 weeks, but taste occasionally to figure out when you like them best. As long as the brine stays above the veggies these will keep in a cool place for months!

In Season

The weekly summer newsletter from Growers of Organic Food Yukon

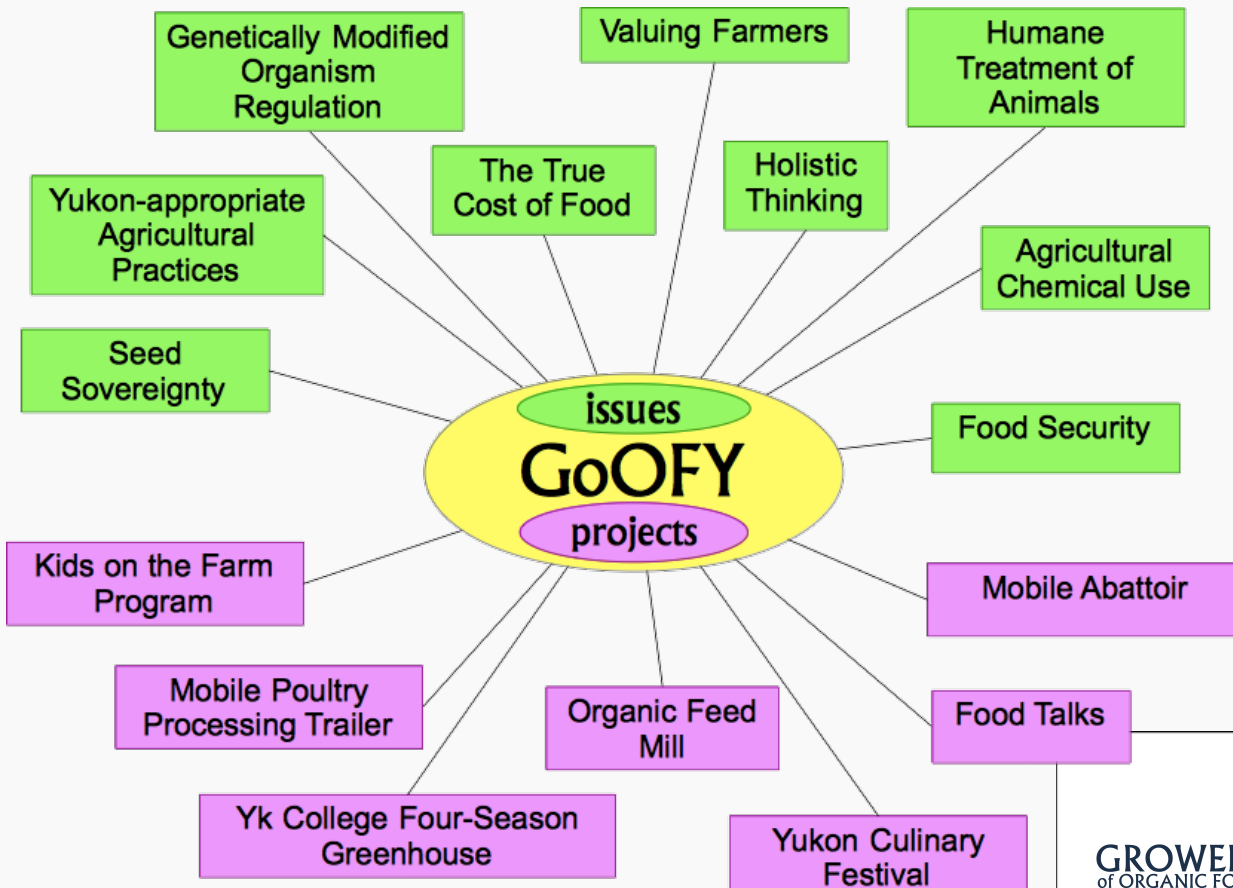
Blanch and freeze - or just shove in freezer bags - 'tis the season to start putting up in earnest. Mason jars to be scoured from the thrift and free stores, salt and pickling spice to be dug out of cupboards and crocks to be dusted off. When I think of all the things fermenting away for later deliciousness, I also imagine all the summer energy that gets stored up for our winter conversations about all things related to growing good food (see below for a sample). And the potlucks, I won't lie. But if you're curious about what GoOFY does in the winter, come and chat while the coffee's hot!

From the Editor Kim Melton

Save Our Seeds

Two noon-hour seed saving workshops are happening at the EMR Seed library (3rd floor of the Elijah Smith Building) on Aug 20th and Sept 2nd.

Learn how to harvest and store your own seeds from Master Gardener Ingrid Wilcox. Call 667-3111 for more info.



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or in the flesh at the Fireweed Farmer's Market every Thursday!

