

# Cucumbers



## Making Pickles

### Quality

Select firm cucumbers of the appropriate size, about 1½ inches for gherkins and 4 inches for dills. Use odd-shaped and more mature cucumbers for relishes and bread-and-butter style pickles. Use only pickling varieties.

### Containers, weights, and covers for fermenting

A 1-gallon container holds 5 pounds of fresh cucumbers; a 5-gallon container holds 25 pounds. Glass, unchipped, enamel-lined pans and food-grade plastic containers are excellent substitutes for the traditional stone crock.

You may use other 1- to 3-gallon nonfood-grade containers as long as you line them with a clean, food-grade plastic bag. Do not use garbage bags or trash liners.

To hold the cucumbers under the brine, insert a pie or dinner plate small enough to just fit inside the container. Weigh the plate down with two to three sealed quart jars filled with water. Or, weigh the plate down with a very large, sealed, food-grade plastic bag containing 4½ tablespoons of salt and 3 quarts of water.

Cover the weight and container top with a heavy, clean bath towel to reduce mold growth on the brine surface. Before using, wash all the containers, plates, and jars in hot, sudsy water and rinse well with very hot water.

### Salt, sugar, and vinegar

Use canning or pickling salt. The anti-caking material added to other salts could make the brine cloudy. Flake salt varies in density, so don't use it to make pickled and fermented foods.

The salt used in making brined pickles not only provides characteristic flavor but also is vital to safety and texture. In fermented foods, salt favors the growth of desirable bacteria while inhibiting the growth of others. Caution: Do not cut back on the salt when making fermented pickles.

White granulated and brown sugars are the sweeteners most often used in pickling. Corn syrup and honey, unless called for in reliable recipes, may produce undesirable flavors. Only use sugar substitutes if the recipe calls for it. Some sugar substitutes are not heat stable and can cause bitter flavors.

Use white distilled and cider vinegars of 5-percent acidity (50 gr.). White vinegar is usually preferred when a light color is desired. Never use homemade vinegar when making pickles.

### For safety's sake

The level of acid in a pickled product is as important to its safety as it is to its taste and texture.

1. Do not change the amounts of vinegar, food, or water in a recipe. Do not use a vinegar with unknown acidity. Don't use homemade vinegar.
2. Only use recipes with tested amounts of ingredients.
3. There must be enough acid in the mixed product to prevent the growth of *Clostridium botulinum* bacteria. If these bacteria grow inside the jars, they can produce the toxin that causes botulism, an often fatal form of food poisoning.

## Canning

Wash the jars. Prepare the lids according to the manufacturer's instructions. Fill the jars with product. Wipe the sealing edge of the jars with a clean, damp paper towel. Add the lids and tighten the screw bands. Process the jars in a boiling-water canner or use the low-temperature pasteurization treatment when indicated.

### Processing in a boiling-water canner

Fill the canner halfway with water and preheat to 180°F for hot packs or 140°F for raw packs. Load the closed jars into the canner rack and lower with the handles; or load one jar at a time with a jar lifter onto the rack in the canner. Add water if needed to a level of 1 inch above the jars and add the cover. When the water boils vigorously, lower the heat to maintain a

gentle boil and process the jars for the time given in the table below.

**Processing using low-temperature pasteurization treatment**

Place the jars in a canner filled halfway with warm (120°F to 140°F) water. Add hot water to a level of 1 inch above the jars. Heat the water and maintain a 180°F water temperature for 30 minutes. Use a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes. Temperatures higher than 185°F may cause unnecessary softening of the pickles. This treatment results in a better product texture but must be carefully managed to avoid possible spoilage.

**Caution:** Use only when the recipe indicates.

**After processing**

Remove the jars from canner with a jar lifter and place on a towel or rack. Do not retighten the screw bands. Cool the jars 12 to 24 hours and remove the screw bands. Check the lid seals. If the center of the lid is indented, the jar is sealed. Wash, dry, label, and store the sealed jars in a clean, cool, dark place. If the lid is unsealed, examine and replace the jar if it is defective, use a new lid, and reprocess as before. Wash the screw bands and store separately. Pickles are best if used within a year and safe as long as the lids remain vacuum sealed.

**Fermented Dill Pickles**

Use the following quantities for each gallon capacity of your container.

- 4 pounds 4-inch pickling cucumbers
- 2 tablespoons dill seed or 4 to 5 heads fresh or dry dill weed
- ½ cup canning salt
- ¼ cup vinegar (5%)
- 8 cups water and one or more of the following ingredients:
- 2 cloves garlic (optional)
- 2 dried red peppers (optional)
- 2 teaspoons whole mixed pickling spices (optional)

**Procedure**

Wash the cucumbers. Cut a ¼-inch slice off the blossom end and discard. Leave ¼ inch of the stem attached. Place half of the dill and spices on the bottom of a clean, suitable container. Add the cucumbers, remaining dill, and spices. Dissolve the salt in vinegar and water and pour over the cucumbers. Add a suitable cover and weight.

Store where the temperature is between 70°F and 75°F for about three to four weeks while fermenting.

Temperatures of 55°F to 65°F are acceptable, but the fermentation will take five to six weeks. Avoid temperatures above 80°F, or the pickles will become too soft during fermentation.

**Recommended processing times in a boiling-water canner**

Pickles	Style of pack	Jar size	Processing time in minutes at different altitudes (in feet)	
			0- 1,000	1,001-6,000
<b>Dill, fermented</b>	Raw	Pints	10	15
		Quarts	15	20
<b>Quick, fresh- packed dills</b>	Raw	Pints	10	15
		Quarts	15	20
<b>Quick, sweet</b>	Raw	Pints	10	15
		Quarts	15	20
		Hot	Pints or quarts	5
<b>Bread and butter</b>	Hot	Pints or quarts	10	15
<b>Reduced-sodium sliced dill</b>	Raw	Pints	15	20
<b>Sweet gherkin</b>	Raw	Pints	5	10
<b>Pickle relish</b>	Hot	Half-pints or pints	10	15
<b>Reduced-sodium sliced sweet</b>	Hot	Pints	10	15
<b>No sugar added sweet cucumber slices</b>	Hot	Pints	10	15
<b>Fresh dill cucumber relish</b>	Hot	Pints	15	20
<b>Rummage relish</b>	Hot	Pints	15	20

Fermenting pickles cure slowly. Check the container several times a week, and promptly remove the surface scum or mold. *Caution:* If the pickles become soft and slimy or develop a disagreeable odor, discard them.

Fully fermented pickles may be stored in the original container for about four to six months provided they are refrigerated and the surface scum and molds are removed regularly.

Canning fully fermented pickles is a better way to store them. To can them, pour the brine into a pan, heat it slowly to a boil, and simmer 5 minutes. Filter the brine through paper coffee filters to reduce the cloudiness, if desired. Fill the jars with pickles and hot brine, leaving ½-inch head space. Adjust the lids and process as described in the table on page 2, or use the low-temperature pasteurization treatment described on page 2.

### Quick Fresh-packed Dill Pickles

*Yield:* 7 to 9 pints

8 pounds 3- to 5-inch pickling cucumbers

2 gallons water

1 ¼ cups canning or pickling salt (divided)

1 ½ quarts vinegar (5%)

¼ cup sugar

2 quarts water

2 tablespoons whole mixed pickling spice

About 3 tablespoons whole mustard seed (1 tsp. per pint jar)

About 14 heads fresh dill (1½ heads per pint jar), or 5 tablespoons dill seed

#### Procedure

Wash the cucumbers. Cut a ¼-inch slice off the blossom end and discard, but leave a ¼ inch of the stem attached. Dissolve ¾ cup of salt in 2 gallons of water. Pour over the cucumbers and let stand twelve hours. Drain.

Combine the vinegar, ½ cup of salt, sugar, and 2 quarts of water. Add the mixed pickling spices tied in a clean white cloth. Heat to boiling. Fill the jars with the cucumbers. Add 1 teaspoon of mustard seed and 1½ heads of fresh dill per pint.

Cover with the boiling pickling solution, leaving ½-inch head space. Adjust the lids and process as described in the table on page 2, or use the low-temperature pasteurization treatment described on page 2.

### Quick Sweet Pickles

May be canned as either strips or slices.

*Yield:* About 7 to 9 pints

8 pounds 3- to 4-inch pickling cucumbers

½ cup canning or pickling salt

4½ cups sugar

3½ cups vinegar (5%)

2 teaspoons celery seed

1 tablespoon whole allspice

2 tablespoons mustard seed

1 cup pickling lime\* (optional for use in the variation below for making firmer pickles)

#### Procedure

Wash the cucumbers. Cut a ¼-inch slice off the blossom end and discard, but leave ¼ inch of the stem attached. Slice or cut in strips, if desired. Place in a bowl and sprinkle with ½ cup of salt. Cover with 2 inches of crushed or cubed ice. Refrigerate 3 to 4 hours. Add more ice as needed. Drain well.

Combine the sugar, vinegar, celery seed, allspice, and mustard seed in a 6-quart kettle. Heat to boiling.

*Hot pack:* Add the cucumbers and heat slowly until the vinegar solution returns to a boil. Stir occasionally to make sure the mixture heats evenly. Fill sterile jars, leaving ½-inch head space.

*Raw pack:* Fill the jars, leaving ½-inch head space. Add hot pickling syrup, leaving ½-inch head space. Adjust the lids and process as described in the table on page 2, or use the low-temperature pasteurization treatment described on page 2.

*Variation for firmer pickles:* Wash the cucumbers. Cut a ¼-inch slice off the blossom end and discard, but leave a ¼ inch of the stem attached. Slice or strip the cucumbers. Mix 1 cup of pickling lime and ½ cup of salt to 1 gallon of water in a 2- to 3-gallon crock or enamelware container. *Caution:* Avoid inhaling lime dust while mixing the lime-water solution. \*Only use foodgrade lime purchased from a grocery store.

Soak the cucumber slices or strips in the lime water solution for 12 to 24 hours, stirring occasionally. Remove from the lime solution, and rinse and resoak one hour in fresh cold water. Repeat the rinsing and resoaking two more times. Handle carefully because the slices or strips will be brittle. Drain well.

## Bread and Butter Pickles

*Yield:* About 8 pints

6 pounds 4- to 5-inch pickling cucumbers

8 cups thinly sliced onions (about 3 lbs.)

½ cup canning or pickling salt

4 cups vinegar (5%)

4 ½ cups sugar

2 tablespoons mustard seed

1 ½ tablespoons celery seed

1 tablespoon ground turmeric

1 cup pickling lime\* (optional for use in variation below for making firmer pickles)

### Procedure

Wash the cucumbers. Cut ¼<sub>16</sub>-inch off the blossom end and discard. Cut into ¾<sub>16</sub>-inch slices. Combine the cucumbers and onions in a large bowl. Add salt. Cover with 2 inches of crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed.

Combine the remaining ingredients in a large pot. Boil 10 minutes. Drain, add the cucumbers and onions, and slowly reheat to boiling. Fill the pint jars with the slices and cooking syrup, leaving ½-inch head space. Adjust the lids and process as described in the table on page 2, or use the low-temperature pasteurization treatment described on page 2.

*Variation for firmer pickles:* Wash the cucumbers. Cut ¼<sub>16</sub> inch off the blossom end and discard. Cut into ¾<sub>16</sub>-inch slices. Mix 1 cup of pickling lime and ½ cup of salt to 1 gallon of water in a 2- to 3-gallon crock or enamelware container. *Caution:* Avoid inhaling lime dust while mixing the lime-water solution. \*Only use foodgrade lime purchased from a grocery store.

Soak the cucumber slices in lime water for 12 to 24 hours, stirring occasionally. Remove from the lime solution, rinse, and resoak 1 hour in fresh cold water. Repeat the rinsing and soaking steps two more times. Handle carefully, as slices will be brittle. Drain well.

*Storage:* After processing and cooling, the jars should be stored four to five weeks to develop the ideal flavor.

*Variation for squash bread-and-butter pickles:* Substitute slender (1 to 1½ inches in diameter) zucchini or yellow summer squash for the cucumbers.

## Reduced-sodium Sliced Dill Pickles

*Yield:* About 8 pints

4 pounds (3- to 5-inch) pickling cucumbers

6 cups vinegar (5%)

6 cups sugar

2 tablespoons canning or pickling salt

1 ½ teaspoons celery seed

1 ½ teaspoons mustard seed

2 large onions, thinly sliced

8 heads fresh dill

### Procedure

Wash the cucumbers. Cut ¼<sub>16</sub>-inch slice off the blossom end and discard. Cut the cucumbers in ¼-inch slices. Combine the vinegar, sugar, salt, celery, and mustard seeds in a large saucepan. Bring the mixture to a boil.

Place two slices of onion and half a dill head on the bottom of each pint jar. Fill the jars with cucumber slices, leaving ½-inch head space. Add one slice of onion and ½ of a dill head on top. Pour hot pickling solution over the cucumbers, leaving ¼-inch head space. Adjust the lids and process as described in the table on page 2.

## Sweet Gherkin Pickles

*Yield:* 6 to 7 pints

7 pounds pickling cucumbers (1½ inches or less)

½ cup canning or pickling salt

8 cups sugar

6 cups vinegar (5%)

¾ teaspoon turmeric

2 teaspoons celery seeds

2 teaspoons whole mixed pickling spice

2 cinnamon sticks

½ teaspoon fennel (optional)

2 teaspoons vanilla (optional)

### Procedure

Wash the cucumbers. Cut ¼<sub>16</sub>-inch slice off the blossom end and discard, but leave a ¼ inch of the stem attached. Place cucumbers in a large container and cover with boiling water. Six to 8 hours later, and on the second day, drain and cover with 6 quarts of fresh boiling water containing ¼ cup of salt. On the third day, drain and prick the cucumbers with a fork.

Combine and bring to a boil 3 cups of vinegar, 3 cups of sugar, turmeric, and spices. Pour over the cucumbers. Six to 8 hours later, drain and save the pickling syrup. Add another 2 cups each of sugar and vinegar, and reheat to a boil. Pour over the pickles.

On the fourth day, drain and save the syrup. Add another 2 cups of sugar and 1 cup of vinegar. Heat to boiling and pour over the pickles. Six to 8 hours later, drain and save the pickling syrup. Add 1 cup of sugar

and 2 teaspoons of vanilla, and heat to boiling. Fill the sterile pint jars with the pickles and cover with the hot syrup, leaving ½-inch head space. Adjust the lids and process as described in the table on page 2, or use the low-temperature pasteurization treatment described on page 2.

### **Pickle Relish**

*Yield:* About 9 pints  
3 quarts chopped pickling cucumbers  
3 cups each chopped sweet green and red peppers  
1 cup chopped onions  
¾ cup canning or pickling salt  
4 cups ice  
8 cups water  
2 cups sugar  
4 teaspoons each mustard seed, turmeric, whole allspice, and whole cloves  
6 cups white vinegar (5%)

#### **Procedure**

Add the cucumbers, peppers, onions, salt, and ice to the water and let stand 4 hours. Drain and re-cover the vegetables with fresh ice water for another hour. Drain again. Combine the spices in a spice or cheesecloth bag. Add the spices to the sugar and vinegar. Heat to boiling and pour the mixture over the vegetables. Cover and refrigerate 24 hours. Heat the mixture to boiling and pour the hot mixture into clean jars, leaving ½-inch head space. Adjust the lids and process as described in the table on page 2.

### **Reduced-sodium Sliced Sweet Pickles**

*Yield:* About 4 to 5 pints  
4 pounds (3- to 4-inch) pickling cucumbers  
*Brining solution:*  
1 quart distilled white vinegar (5%)  
1 tablespoon canning or pickling salt  
1 tablespoon mustard seed  
½ cup sugar  
*Canning syrup:*  
1-2/3 cups distilled white vinegar (5%)  
3 cups sugar  
1 tablespoon whole allspice  
2¼ teaspoons celery seed

#### **Procedure**

Wash the cucumbers. Cut ¼ inch off the blossom end and discard. Cut the cucumbers into ¼-inch slices. Combine all the ingredients for the canning syrup in a saucepan and bring to a boil. Keep the

syrup hot until used. In a large kettle, mix the ingredients for the brining solution. Add the cut cucumbers, cover and simmer until the cucumbers change color from bright to dull green (about 5 to 7 minutes). Drain the cucumber slices. Fill the jars and cover with the hot canning syrup, leaving ½-inch head space. Adjust the lids and process according to the table on page 2.

### **No Sugar Added Sweet Pickle Cucumber Slices**

*Yield:* About 4 or 5 pint jars  
3 ½ pounds of pickling cucumbers  
boiling water to cover sliced cucumbers  
4 cups cider vinegar (5%)  
3 cups Splenda  
1 tablespoon canning salt  
1 cup water  
1 tablespoon mustard seed  
1 tablespoon whole allspice  
1 tablespoon celery seed  
4 1-inch cinnamon sticks

#### **Procedure**

Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Wash cucumbers. Slice ¼-inch off the blossom ends and discard. Slice cucumbers into ¼-inch thick slices. Pour boiling water over the cucumber slices and let stand 5 to 10 minutes. Drain off the hot water and pour cold water over the cucumbers. Let cold water run continuously over the cucumber slices, or change water frequently until cucumbers are cooled. Drain slices well.

Mix vinegar, 1 cup water, Splenda and all spices in a 10-quart Dutch oven or stockpot. Bring to a boil. Add drained cucumber slices carefully to the boiling liquid. Return to a boil.

Place one cinnamon stick in each jar, if desired. With a slotted spoon, fill hot pickle slices into clean, hot pint jars, leaving ½-inch headspace. Cover with boiling hot pickling brine, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations on page 2. Let cool, undisturbed, 12 to 24 hours and check for seals.

## Fresh Dill Cucumber Relish

A sweet relish, not a salty dill pickle relish.

*Yield:* About 6 to 7 pint jars  
12 cups chopped pickling cucumbers (about 4½ pounds pickling cucumbers as purchased)  
3 cups chopped red bell peppers  
1 cup chopped onion

### *Pre-Soak Ingredients:*

¾ cup pickling or canning salt  
4 cups crushed or cubed ice  
8 cups water

### *Pickling Solution:*

5 cups cider vinegar (5%)  
1 cup sugar  
1 cup water  
2 tablespoons mustard seed  
1 cup chopped fresh dill  
1 teaspoon garlic powder

## Procedure

Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.

Prepare cucumbers and peppers by first washing them well. After washing the cucumbers, slice a thin piece from both the stem and blossom ends and discard. Cut into about 1-inch pieces, and then chop in a food processor (using about three pulses on "chop") to yield about ¼-inch or slightly larger pieces. Measure 12 cups of the chopped cucumber.

After washing the peppers, remove the stem, seeds and white membranes. Cut into about 1-inch pieces or slices. Chop in a food processor (using about three pulses on "chop") to yield about ¼-inch or slightly larger pieces. Measure 3 cups of the chopped pepper.

Remove the skin from onions. Wash well and chop into about ¼-inch cubes, or process to size in a food processor as for peppers. Measure 1 cup of the chopped onion.

Combine measured chopped cucumber, pepper, and onion with salt, ice, and the 8 cups water in a large bowl or saucepot. Cover; let stand 3 to 4 hours in refrigerator. Drain; rinse thoroughly with ice cold water and drain well again through a cheesecloth-lined strainer (until no more water drips through, about 15 to 20 minutes).

Heat vinegar, sugar, 1 cup water, and remaining ingredients in a stockpot while stirring, until sugar

dissolves. Add drained, chopped vegetables, and bring to a boil. Reduce heat and simmer 10 minutes.

Fill hot relish into clean, hot pint jars leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Make sure liquid covers the top of the food pieces. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations on page 2. Let cool, undisturbed, 12 to 24 hours and check for seals.

## Rummage Relish

*Yield:* About 8 pint jars  
2 quarts cored, chopped green tomatoes (about 16 medium)  
1 quart peeled, cored, chopped red ripe tomatoes (about 6 large)  
1 quart chopped cabbage (about 1 small head)  
3 cups chopped onions  
2 cups chopped celery  
1 cup chopped sweet green peppers (about 2 medium)  
1 cup chopped cucumbers  
1 cup chopped sweet red peppers (about 2 medium)  
½ cup canning or pickling salt  
4 cups brown sugar  
2 cloves garlic, minced  
1 tablespoon celery seed  
1 tablespoon ground cinnamon  
1 tablespoon mustard seed  
1 teaspoon ground ginger  
½ teaspoon ground cloves  
2 quarts vinegar (5%)

## Procedure

Combine vegetables; add salt and mix thoroughly. Let stand 12 to 18 hours in refrigerator; drain thoroughly. Add sugar, spices and garlic to vinegar; simmer 10 minutes. Add vegetables; simmer 30 minutes. Bring to a boil.

Pack hot relish into hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a boiling water canner.

*Variation:* For curry relish, add 2 cups raisins and 1½ teaspoons curry powder when vegetables are added to pickling solution. Makes about 9 pints.

## Problems and solutions

### 1. Why should blossoms be removed from cucumbers before pickling?

Blossoms may be a source of enzymes that make pickles soft.

### 2. Why do we recommend using pure granulated salt, rather than table salt, for making pickles?

Pure granulated salt contains no anti-caking ingredients, which may make the brine cloudy. Iodized salt can also turn the pickles dark.

### 3. Why is processing recommended for all pickle products?

Processing kills spoilage organisms and insures a good seal on the jar.

### 4. For processing pickles, does the water in the water bath canner have to be at a hard rolling boil?

No. To keep the pickles crisp, gently simmer rather than boil the water in the canner.

### 5. Can you pressure-can pickles?

No. It will ruin the texture of the pickles. If you don't have a water bath canner, use your pressure canner as a water bath canner.

### 6. Is hard water acceptable for pickling?

No. You can "soften" hard water by boiling it and removing scum or residues.

### 7. What are the differences between fresh-pack pickles and fermented pickles?

Fresh-pack pickles are made with vinegar to get acetic acid. Fermented pickles are made from bacterial fermentation to get lactic acid.

### 8. Why did the liquid in my dill pickles turn pink?

It could be from two sources. One is using over-mature dill. These are safe to eat. The other source is yeast growth. These should be discarded.

### 9. Why did the garlic cloves in my pickles turn green or bluish green?

This could be due to iron, tin, or aluminum in the cooking pot, water, or water pipes reacting with the pigments in the garlic. The pickles are safe to eat, but discard the garlic.

### 10. Why did my whole dill pickles spoil when everything was "done right"?

The cucumbers were probably wedged so tightly in the jar there was no room for the boiling-hot pickling solution. Whole cucumbers should be packed fairly loosely.

### 11. Is it necessary to add alum to pickles to make them firm?

Alum is not necessary in pickles. As long as good quality ingredients and up-to-date procedures are used, don't use it. You can use it for fermented cucumbers. It does not work with quick process pickles. Most recipes do not have alum as an ingredient. A safer method to make crisp pickles is soaking the cucumbers in ice water for 4 to 5 hours before pickling.

### 12. What is Ball Pickle Crisp?

This is an easy-to-use product that makes any pickled product crisp without the lengthy process of soaking produce for hours in lime and the repeated rinsing. The product is calcium chloride, which is used in commercially made pickles. Follow the directions on the jar for proper usage.

## Preserving cucumbers nutrition information

Pickles	Serving size	Calories	Fat (g)	Carbohydrates (g)	Fiber (g)	Vit. C (mg)	Sodium (mg)
Fermented dill pickles	1 spear	2.16	0.02	1.0	0.19	1.0	
Quick fresh-packed dill pickles	1 spear	3.5	0.0	0.5	0.15	0.9	572.8
Quick sweet pickles	1 spear	23.3	0.0	5.6	0.2	1.2	204.5
Bread and butter pickles	5 chips	23.1	0.0	5.6	0.23	1.2	297.0
Reduced-sodium sliced dill pickles	5 chips	33.1	0.0	8.06	0.15	0.83	87.98
Sweet gherkin pickles	1 small	32.64	0.0	8.0	0.10	0.48	263.88
Pickle relish	1 tablespoon	7.6	0.0	1.7	0.08	1.5	295.6
Reduced-sodium sliced sweet pickles	5 chips	25.0	0.0	5.8	0.14	0.85	54.1
No sugar added sweet pickle	5 chips	6.78	0.0	1.18	0.17	1.01	73.54
<b>Cucumber slices</b>							
Fresh dill cucumber relish	1 tablespoon	5.28	0.0	1.07	0.08	2.35	310.56
Rummage relish	1 tablespoon	10.0	0.0	2.0	0.13	2.40	128.92

Revised by Karen Blakeslee, M.S., Extension Associate, Food Science

Adapted from *Preserving Cucumbers* by Karen P. Penner, Ph.D., Foods and Nutrition, and Jeanne Dray, Extension Assistant, Foods and Nutrition, April 1995; *Complete Guide to Home Canning*, USDA AIB No. 539, 2009; and *So Easy to Preserve*, 5th ed., The University of Georgia Cooperative Extension Service.

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