



QUICK, PICKLE THAT!

To preserve a food means to lengthen its shelf-life, or amount of time until we can enjoy it.

INGREDIENTS

- 1 cup water
- 1 cup vinegar (apple cider, rice, or white vinegar)
- 1 Tbsp salt

DIRECTIONS

Boil brine ingredients until salt dissolves. Allow brine to cool and prepare produce. Once brine cools, add produce to an air-tight container with the brine and seal. Refrigerate at least 1 week.

Reflection:

- **How do you pickle something?**
- **Why do people pickle foods?**
- **What other foods could you pickle?**

