

Featured Vegetable

CUCUMBER

Cucumbers are full of antioxidants, vitamin C, and vitamin K. They are also great for hydration and digestive health!



Quick Pickles

Ingredients (per jar)	Directions
<ul style="list-style-type: none">● 2 medium cucumbers, sliced thinly into circles● 1 Tbsp. sea salt● 1 cup apple cider vinegar (estimate: use equal parts water and vinegar)● 1 cup water (estimate)● Small bunch of fresh dill leaves● 1 clove garlic, peeled● A few black peppercorns● Optional spices: celery seed, mustard seed, crushed red pepper● Jar for storage	<ul style="list-style-type: none">● Wash hands and cucumbers● Heat the brine (salt, water, vinegar) to boiling● Place cucumber slices in the jar with herbs and spices● Pour hot brine over cucumber mixture● Place lid on jar and store in the refrigerator to cool● Enjoy up to two weeks (Keep refrigerated)

