



**Many Hands Organic Farm and
Sustainability Center**
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Lacto-Fermented Pickles

From Dan Rosenberg

Ingredients:

- 1 quart of cucumbers - use smaller, thinner pickles, cut them in half
- 1 1/3 tablespoon salt - use unrefined sea salt (Lifestream has an un-iodized one and Frontier sea salt can be used and ordered by the pound)

Other things to add:

- Dill
- Garlic
- Chili pepper
- Black pepper
- Fennel
- Bay leaf
- Cinnamon stick
- Wild grape leaf

Directions:

1. Fill quart jars cucumbers, salt and other desired ingredients.
2. Top jars with water. (If water is chlorinated, it is good to boil and return to room temperature.)
3. Screw on canning lids medium tight. Leave pickles at room temperature for 5 days and then move to refrigerator or root cellar.