



Getting Started:

Do you want your veggies to last longer, stay crunchy and keep their taste? Then this pickling activity is for you!

- $\frac{1}{3}$ cup vinegar (any kind)
- 1 cup water
- 1 tablespoon water
- 2 teaspoons salt
- bay leaves and peppercorn
- Sterilised jars

Top Tip
Add in onion and
dill for extra
flavour!

What To Do:

1. Gather your materials and source the fruit or veggies you would like to pickle. Carrots and cucumbers are great to pickle, but you can pickle loads of different fruit and veggies!
2. Ask your adult to add all the brine ingredients in a pot and bring to a boil. Simmer until dissolved.
3. While the brine is simmering, cut up your fruits/veggies, remember to have an adult with you!
4. Put your ingredients into a sterilised jar and fill it up with your brine. Then twist your jar lid tight!
5. Store in the fridge for at least 1 hour.

