INGREDIENTS

- About 3 cups vegetables, trimmed, peeled and sliced if necessary (asparagus, zucchini, carrot, onion, cucumber, beet etc)
- 3 garlic cloves, peeled
- ¼ tablespoon spice seeds (such as mustard, dill, coriander or celery-do not use ground spices as they will turn the whole jar of pickles grainy and cloudy.
- 2 T. fresh thyme, dill or rosemary, whole
- 1 cups vinegar
- 3 cups water
- 1-2 tablespoons sugar or honey (or less as desired)
- 1 tablespoon salt, or to taste

DIRECTIONS

1 Blanch tougher vegetables (carrots, beets etc) in boiling water for about 1 minute, until brightly colored, then chill immediately. Watery vegetables like peppers, cucumbers or zucchini do not need to be blanched first as the vinegar will cure them enough.

2 Transfer the blanched vegetables and garlic to a clean jar (or jars, or other sealable containers), Add spice seeds and herbs and set aside.

3 Combine liquid ingredients in a large sauce-pan over medium heat. Cook until the mixture comes to just under a boil. Pour mixture directly over vegetables and seasonings. Allow to cool to room temperature, cover and refrigerate. Store refrigerated for at least 48 hours and for up to 1 month.

Enough for 2 pint jars or 1 quart jar