

Material List:

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Small pot
- Spoon
- Quart-size mason jar with lid
- Ladle



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Ingredient List:

Vegetables (choose 3 cups total from the list below):

- Beets
- Carrots
- Radishes
- Turnips
- Cucumbers
- Okra
- Green beans
- Asparagus
- Red onion
- Zucchini
- Cauliflower florets
- Bell peppers
- Garlic
- Fennel bulbs

Spices:

- 3 garlic cloves
- 1/2 tsp black pepper
- 1 tsp fennel seeds

Pickling Liquid:

- 1 cup vinegar (white, rice, or apple cider)
- 1 cup water
- 1 tbsp Celtic sea salt
- 2–3 tbsp sugar

Optional Additions (choose 0-4):

- Whole cloves
- Dill seeds
- Whole allspice
- Fresh ginger slices
- Fresh chilies or chili flakes
- Celery seeds
- Cumin seeds
- Star anise
- Fresh herbs
- Mustard seeds
- Coriander seeds
- Onion slices



Quick Pickles

Ingredients

Vegetables (3 cups, choose from):

- Beets, carrots, radishes, turnips, cucumbers, okra, green beans, asparagus, red onion, zucchini, cauliflower, bell peppers, garlic, fennel bulbs

Spices:

- 1/2 tbsp black peppercorn
- 3 garlic cloves, sliced
- 1 tsp fennel seeds

Optional Additions:

- Dill seeds, whole allspice, fresh ginger slices, fresh chilies or chili flakes, celery seeds, peppercorns, cumin seeds, star anise, fresh herbs, mustard seeds, coriander seeds, onion slices, etc.

Pickling Liquid:

- 1 cup vinegar (white, rice, or apple cider)
- 1 cup water
- 1 tbsp Celtic sea salt
- 2–3 tbsp sugar (balances acidity)



Instructions

- Wash the vegetables and cut them into slices, quarters, or spears. Small vegetables like green beans, okra, and asparagus can be left whole.
- In a small pot, bring the vinegar, water, salt, and sugar to a boil.
- Place any optional spices, herbs, or aromatics at the bottom of a clean quart-size mason jar. Pack the vegetables into the jar, leaving about 1 inch of space at the top.
- Carefully pour the hot brine over the vegetables, making sure they are fully submerged. Leave about ½ inch of space at the top.
- Seal the jar with a lid and let it cool at room temperature for 1–2 hours. Then, transfer to the fridge.
- The pickles will be ready in about 6–8 hours, but they taste best after a couple of days. Enjoy within two weeks!



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