Pickling and fermenting are great ways to preserve vegetables and other foods, but it is important that it is always done in the safest way possible. Failure to do so could result in the growth of harmful pathogens, such as Clostridium botulinum, an anaerobic pathogen responsible for most canned food outbreaks.

**Acidity**
is just as important to safety as it is to taste
- Never alter recipe proportions
- Use only tested recipes
- A minimum level of acid must be reached to prevent the growth of *C. botulinum*

**Salt**
- Canning or pickling salt is recommended
- Iodized salt may be used but may make brine cloudy
- Flake salt is NOT recommended for use
- Reduced sodium salt can be used in quick pickling but NOT in fermented pickle recipes
- DO NOT attempt to make sauerkraut or fermented pickles by cutting back on the

**What you will need:**
- Fresh, firm, fruits and vegetables (free of spoilage)
- Acidifier (of known acidity)
- Recommended salts
- White granulated or brown sugar (if applicable)
- Proper canning jars with lids
- Canner
- Thermometer
How to Low-Temperature Pasteurize:

1. Place jars in a canner filled halfway with warm (120-140°F) water, making sure that the jars aren’t touching

2. Add hot water to a level 1 inch above jars

3. Heat water enough to maintain 180-185°F temperature for 30 minutes

   (Use a candy or jelly thermometer to ensure that the temperature is at least 180°F during the entire 30 minutes)

4. Remove jars with caution

Foods to Pickle and Ferment:

- Cucumbers
- Cabbage
- Other vegetables
- Fruits
- Yogurt
  * Always pasteurize or use commercially pasteurized milk to get rid of acid-tolerant *E. coli* O157:H7
- Eggs
  * There are no canning directions for pickled eggs that do not support the growth of *C. botulinum*. Keep below 40°F except for while serving

This information was adapted from the National Center for Home Food Preservation and University of Georgia. For more information and recipes to follow, go to [http://nchfp.uga.edu](http://nchfp.uga.edu)