

Let's Make Pickles



Fermented pickles are loaded with vitamins and minerals. They also help with digestion, relieve muscle cramps, and taste great!

Make your own old-fashioned fermented pickles using water, salt, and spices.

A variety of additional pickling techniques will be discussed, including vinegar pickles, bread-and-butter pickles, as well as lower-sodium options and other unique pickling ideas.

Come learn about pickling and make a batch to take home!

