

Pickled or Non-Fermented Foods: Pickled Bread-And-Butter Zucchini ¹

United States Department of Agriculture, Extension Service²

Pickled Bread-and-Butter Zucchini

pickling solution, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1.

16 cups fresh zucchini, sliced

4 cups onions, thinly sliced

1/2 cup canning or pickling salt

4 cups white vinegar (5%)

2 cups sugar

4 tbsp mustard seed

2 tbsp celery seed

2 tsp ground turmeric

Yield: About 8 to 9 pints

Procedure: Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes and fill jars with mixture and

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Table 1.

Table 1. Recommended process time for Pickled Bread and Butter Zucchini in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	10 min	15	20
*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.				