



The Edible Garden

Recipe featured at Garden-to-Table Weekend featuring canning, pickling, and preserving, July 24

Pickled Vegetables

By: Brett August, finalist on *The Next Food Network Star*

Ingredients

1 cup white wine vinegar
4 cups water
2 tablespoons pickling spice
6 to 8 garlic cloves
5 carrots cut into 2 inch long sticks
1 cup cauliflower florets
1 bunch pencil asparagus

Instructions

- Wash all of the vegetables and place in a large pot. Add remaining ingredients and bring to a boil.
- Boil for 3 minutes. Remove from heat and let cool before dividing among the glass jars.
- Refrigerate for 24 hours and enjoy.