



COMMUNITY GARDEN

DILLY BEANS

Yield: 7 to 8 pints

One of the simplest things to can and perhaps the tastiest! This is a great recipe to kick off your canning endeavors. From the "Homemade Pickles & Relishes" booklet in the Wisconsin Safe Food Preservation Series by Barbara H. Ingham.

Ingredients:

- 4 quarts whole green or wax beans (about 4 lbs.)
- 8 fresh dill heads, or 1½ tsp. dill seed or dill weed per jar
- 8 garlic cloves (optional)
- ¼ tsp. cayenne pepper or 1 small dried hot pepper per jar (optional)

Pickling Solution:

- 4 cups white vinegar (5% acetic acid)
- 4 cups water
- ½ cup canning/pickling salt

1. Wash and sterilize pint-sized canning jars. Keep hot until filled.
2. Wash beans thoroughly and drain. Cut into lengths to fit pint jars.
3. In each hot pint jar, place dill, garlic and pepper, if desired. Pack beans upright, leaving ½ inch headspace.
4. Prepare pickling solution of vinegar, water and salt in a saucepan, and bring to a boil. Pour boiling hot pickling solution over beans, leaving ½ inch headspace. Remove bubbles with a rubber spatula. Wipe jar rims with a clean, damp cloth.
5. Cap jars with pretreated lids. Adjust lids.
6. Process pints in a boiling water canner for 5 minutes.