



FOOD FAVORITE

The average American eats about nine pounds of pickles per year.

WARNING!
Ask an adult's permission before using the stove.

Make your own batch of pickles

Ingredients

For the brine

- 3 cups vinegar
- 3 cups water
- 2½ tablespoons kosher salt
- 1 tablespoon granulated sugar
- 2 tablespoons mustard seed
- 1 tablespoon black peppercorns

For the pickles

- 1 large red onion, halved and thinly sliced
- 4 to 5 Persian cucumbers, quartered lengthwise
- 8 ounces radishes, trimmed and sliced into coins
- 8 ounces French green beans
- 4 cloves garlic, smashed
- Sprigs fresh dill

Instructions

1. Make the brine: Combine the vinegar, water, salt, sugar, mustard seed, and black peppercorns in a large saucepan and bring to a simmer. Stir until the salt and sugar have fully dissolved. Set brine aside and let cool.
2. Pack each of the prepared vegetables in a separate wide-mouth pint jar with a smashed garlic clove and dill sprigs.
3. When the brine has completely cooled, divide it among the jars, fully

covering the vegetables. Cover the jars and refrigerate overnight to allow to cure (become pickled). You can keep pickles up to 3–4 weeks.

Tip The radish and red onion pickles make excellent sandwich, taco, and salad toppers. The cucumber and bean pickles are great for snacking straight from the jar!



ECO TIP OF THE WEEK WATCH WILDLIFE MORE SAFELY

Summer is a great time to be outside and see wildlife in nature. It's important to respect wild animals' space because getting too close can feel threatening to them. That can also be harmful to you because animals that feel threatened can become aggressive and choose to defend themselves. Rather than approach animals, choose a spot to sit and observe them. If you're in a car with your family and see an animal like a turtle or a deer on the side of the road, stay inside to watch quietly. A pair of binoculars can also help you be a watcher of wildlife, from birds to marine life, while keeping a safe distance.



View animals without invading their space.