



List of Supplies Needed

Homemade Pickled Vegetables

General

- Recipe

Find detailed lesson plans, printable recipes & more at:

foodliteracycenter.org/recipes

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring spoons
- Jar with lid

Food & Produce

- Liquid from a jar of pickles
- Root vegetables (carrots, radishes, beets, turnips, ginger, etc.)
- Jalapeno (optional)
- White distilled vinegar

