

Featured Vegetable

RADISH

A great source of Vitamin C and fiber!



Carrot and Radish Quick Pickles

Ingredients	Directions
<ul style="list-style-type: none">● 3 medium carrots, sliced into sticks● 1 lb Daikon or other radish, sliced into sticks or slices● 1 Tbsp. sea salt● 1 cup apple cider vinegar (estimate: use equal parts water and vinegar)● 1 cup water (estimate)● Small bunch of fresh dill leaves● Optional spices: garlic, celery seed, mustard seed, crushed red pepper● Jar for storage	<ul style="list-style-type: none">● Wash hands and veggies● Heat the brine (salt, water, vinegar) to boiling● Place vegetable slices in the jar with herbs and spices● Carefully pour hot brine over vegetable mixture● Place lid on jar and store in the refrigerator to cool● Enjoy up to two weeks (Keep refrigerated)