

HARVEY COMMUNITY GARDEN & HARVEY HEALTH CENTRE



Green Tomato Chow Chow

8 cups green tomatoes, chopped into $\frac{1}{2}$ - $\frac{3}{4}$ inch cubes
4 cups onions, chopped

Combine in a large bowl and sprinkle with $\frac{1}{2}$ cup coarse salt.
Let sit overnight. In the morning, rinse and drain well.

In a large pot, combine:

1 /2 cups white vinegar

3 cups white sugar

$\frac{1}{2}$ teaspoon black pepper

2 Tablespoons pickling spice tied in cheese cloth (can use a paper coffee filter)

Bring this mixture to a boil and stir well. Add tomatoes and onions. Cook until tender and mixture is translucent.

Bottle in clean, sterilized, hot bottles.

Cap and hot water process about 10 minutes.

Makes approximately 7 – 1 cup (250 ml) bottles

For more information on Harvey Community Garden & Village Beautification



<https://www.facebook.com/HarveyCommunityGarden2>

Website: <http://harveymcadamwellness.weebly.com/>

