

HARVEY COMMUNITY GARDEN & HARVEY HEALTH CENTRE

Pickled Beets

10 lbs. fresh small beets, stems removed
2 cups white sugar
1 Tablespoon pickling salt
4 cups white vinegar
¼ cup whole cloves



Place beets in a large pot with water to cover. Bring to a boil, and cook until tender, about 15 minutes depending on the size of the beets. If beets are large, cut in quarters. Drain, reserving 2 cups of the beet water, cool and peel.
*** (see tip below.)

Sterilize jars and lids. Fill each jar with beets and add several cloves to the jars.

In a large saucepan, combine the sugar, beet water, vinegar, and pickling salt. This makes the brine. Bring to a rapid boil. Pour brine over the beets in the jars and seal lids.

Place a rack in the bottom of a large pot and fill halfway with water. Bring to a boil over high heat then carefully lower the jars into the pot using the holder. Leave a 2 - inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring water to a full boil; cover the pot and process for 10 minutes.

*** Tip: To remove the skins from the beets easily, place beets in a bowl and cover with boiled water. Leave for about 10 minutes. Pour off this water and add cold water to cover the beets. Leave for approximately 10 minutes. Skins will peel easily from the beets.

For more information on Harvey Community Garden & Village Beautification



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