

# cucumber + garden vegetable pickles



## measure+stir

Have kids measure out **1 C white wine vinegar**, **2 C of sugar**, **½ C of sea salt** and **2 heaping tablespoons of pickling spice**. Add everything to a large bowl and stir together to combine. Set to the side.

## chop+snap

Have kids chop **2 small onions**, **4 small carrots**, **½ head of cauliflower** and **2 to 3 cucumbers** into bite sized pieces. Take about **10 fresh green beans** and snap into small pieces with hands. Add to the vinegar mixture in the bowl and toss well.

## tear+squeeze+mix

Pour the garden pickles into a very clean glass jar with a lid or into a new large ziplock bag. Place pickles into the refrigerator for at least 24 hours and up to one week. **Eat and enjoy!**



**Sticky Fingers Culinary Specialty Camp:**

Mon, August 8 – Fri, August 12, 1-4pm

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