



Lindburgh Relish Preserves Healthy Veggies!

Why Lindburgh Relish?

I first discovered Lindburgh Relish in an old church cookbook from 1983. As I scanned the Pickles and Relishes section, something jumped off the page at me: "This needs no cooking and will keep indefinitely." Hey! I gotta try this!

So began my adventures with Lindburgh Relish. I purchased my first crock to make it in. If you have a root cellar or a cold storage room, the Lindburgh Relish will store well in a crock without electricity.

I ate the Lindburgh relish well into the winter months. It can be served as a side dish like a pickled coleslaw or eaten any way you eat your other relishes.

HOW TO Highlights:

- Lindburgh Relish is an easy to make relish that keeps well.
- You can extend the life of fall harvest vegetables!
- It is great side dish for most meals.
- Keep your crock of Lindburgh Relish in the fridge or a cool place, like your root cellar, if you have one.

How do I begin?

Here is the very same recipe that got me started with Lindburgh Relish:

Vegetable Ingredients:

2 large cabbages

8 medium carrots

12 medium onions

2 red peppers

2 green peppers

Instructions:

Put vegetables through food chopper. Work in 1/2 cup salt. Let drain well. Put in a crock and stir in 2 quarts strong vinegar, 2 tablespoons white mustard seed, 2 tablespoons celery seed and 6 cups sugar.

Helena Green, Oakleaf, Ontario

My Notes: Be sure to use pickling vinegar (7%) and non-

iodized salt. I chopped everything by hand. A food processor would make the cabbage pieces smaller. In order to drain the chopped vegetable mixture, I placed it in a colander and pressed on it with weights on plates. Any heavy items will do!

Frequently Asked Questions:

Q = How do I know it's OK?

A = It is important to check your crock regularly. If brine has evaporated, add fresh brine. Watch for any off odour, mold, or cloudy brine. If you have any doubt, don't eat it.

Q = What size crock do you need for this recipe?

A = My batch fit in my 2 gallon crock, but this will vary. Weigh down the relish with a heavy plate and allow at least 2 inches of brine to cover it.



After mixing the salt in, before draining.



This year, I used my fire extinguishers as weights!



In my 2 gallon crock with cheesecloth protector.

Now that you know....what's next?

- CAUTION: Buying used crocks can be risky: cracks can harbor bacteria and old crocks may have lead in the paint. It is best to buy a new crock.

- I buy used plates to use as the crock lid and to hold the relish down below the brine.

- For a first try, you could buy a 1 gallon crock and make a half-recipe. This size crock is also great for making fermented pickles!

- We talk about food preservation on my FaceBook page. Pop by and say hello!

- My **Introductory Self-Sufficiency Course** has a module on food preservation and storage. I believe that knowing a wide range of food preservation methods is helpful. Lindburgh Relish is just one example. I look forward to sharing more!