



Cooperative Extension Service
Institute of Food and Agricultural Sciences

Pickled or Non-Fermented Foods: Pickled Beets¹

United States Department of Agriculture, Extension Service²

Pickled Beets

7 lbs of 2- to 2-1/2-inch diameter beets
4 cups vinegar (5 percent)
1-1/2 teaspoons canning or pickling salt
2 cups sugar
2 cups water
2 cinnamon sticks
12 whole cloves
4 to 6 onions (2- to 2-1/2-inch diameter) if desired

Yield: About 8 pints

Procedure: Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes). **Caution: Drain and**

discard liquid. Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace.

Adjust lids and process according to the recommendations in Table 1.

Variation: Pickled whole baby beets. Follow above directions but use beets that are 1- to 1-1/2 inches in diameter. Pack whole; do not slice. Onions may be omitted.

Table 1. Recommended process time for Pickled Beets in a boiling-water canner.

Style of Pack	Jar Size	Process Time at Altitudes of			
		0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	30 min	35	40	45

1. This document is Fact Sheet FCS 8228, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 1998. First published: February 1993. Revised: October 1994. Reviewed: June 1998. This document was extracted from the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8152, Guide 6: Preparing and Canning Fermented Foods and Pickled Vegetables.
2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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