Pickled or Non-Fermented Foods: Pickled Bread-And-Butter Zucchini

United States Department of Agriculture, Extension Service

**PICKLED BREAD-AND-BUTTER ZUCCHINI**

16 cups fresh zucchini, sliced  
4 cups onions, thinly sliced  
1/2 cup canning or pickling salt  
4 cups white vinegar (5%)  
2 cups sugar  
4 tbsp mustard seed  
2 tbsp celery seed  
2 tsp ground turmeric

**Yield:** About 8 to 9 pints

**Procedure:** Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes and fill jars with mixture and pickling solution, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1 or use low-temperature pasteurization treatment. For more information see "Low-Temperature Pasteurization Treatment," (FCS 8220).

**Table 1. Recommended process time for Pickled Bread and Butter Zucchini in a boiling-water canner.**

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>0 - 1,000 ft</th>
<th>1,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Pints or Quarts</td>
<td>10 min</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

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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, 32611.

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