



Cooperative Extension Service
Institute of Food and Agricultural Sciences

Pickled or Non-Fermented Foods: Reduced-Sodium Sliced Dill Pickles¹

United States Department of Agriculture, Extension Service²

REDUCED-SODIUM SLICE DILL PICKLES

- 4 lbs (3- to 5-inch) pickling cucumbers
- 6 cups vinegar (5 percent)
- 6 cups sugar
- 2 tbsp canning or pickling salt
- 1-1/2 tsp celery seed
- 1-1/2 tsp mustard seed
- 2 large onions, thinly sliced
- 8 heads fresh dill

Yield: About 8 pints

Procedure: Wash cucumbers. Cut 1/16-inch slice off blossom end and discard. Cut cucumbers in 1/4-inch slices. Combine vinegar, sugar, salt, celery, and mustard seeds in large saucepan. Bring mixture to boiling. Place 2 slices of onion and 1/2 dill head on bottom of each pint jar. Fill jars with cucumber slices, leaving 1/2-inch headspace. Add 1 slice of onion and 1/2 dill head on top. Pour hot pickling solution over cucumbers, leaving 1/4-inch headspace.

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

Table 1. Recommended process time for Reduced-Sodium Sliced Dill Pickles in a boiling-water canner.

Style of Pack	Jar Size	Process Time at Altitudes of		
		0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	Pints	15 min	20	25

1. This document is Fact Sheet FCS 8241, 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. 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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