Pickled or Non-Fermented Foods:
Reduced-Sodium Sliced Sweet Pickles

United States Department of Agriculture, Extension Service

**REDUCED-SODIUM SLICED SWEET PICKLES**

- 4 lbs (3- to 4-inch) pickling cucumbers

**Brining solution:**
- 1 qt distilled white vinegar (5 percent)
- 1 tbsp canning or pickling salt
- 1 tbsp mustard seed
- 1/2 cup sugar

**Canning syrup:**
- 1-2/3 cups distilled white vinegar (5 percent)
- 3 cups sugar
- 1 tbsp whole allspice
- 2-1/4 tsp celery seed

**Yield:** About 4 to 5 pints

**Procedure:** Wash cucumbers and cut 1/16 inch off blossom end, and discard. Cut cucumbers into 1/4-inch slices. Combine all ingredients for canning syrup in a saucepan and bring to boiling. Keep syrup hot until used. In a large kettle, mix the ingredients for the brining solution. Add the cut cucumbers, cover, and simmer until the cucumbers change color from bright to dull green (about 5 to 7 minutes). Drain the cucumber slices. Fill jars, and cover with hot canning syrup leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1.

<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 Hot</td>
<td>Pints</td>
<td>10 min</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>

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