

Material List
Beginning Fermentation and Pickling

Heather Perry & Kalli Scogna

- Two medium-sized glass jars with lids – can be old pickle jars or other used jars. Does not have to be mason or ball-style canning jars, but can be.
- Vegetables – any combination of the following: cucumbers, green beans, onions, garlic, bell peppers, hot peppers. Fresh, not old or wilted, and washed.
- Dill weed – fresh, not dried.
- Cutting board
- Sharp knife
- Apron (optional)