



Vinegar Pickled Green Beans

Jade Novarino, [CAMPO Collective](#)

Jade Novarino a farmer, artist, and cook demonstrates how to make pickled green beans in two different ways. Both lacto-fermented and vinegar pickling help preserve vegetables, from green beans to cucumbers, carrots, cauliflower, cabbage, beets, and more.

Ingredients:

- Green Beans
- Water
- Vinegar
- Salt
- Sugar
- Garlic
- Bay Leaves
- Peppercorns
- Fennel Frond



Directions:

1. Trim the ends of your green beans.
2. Sterilize a jar and lid. You can do this by boiling them in water for about 10 minutes or using a dishwasher with a sterilization cycle.
3. In a saucepan, mix equal parts of vinegar and water. Add sugar and salt to taste.
4. Heat the brine over medium heat, stirring until the sugar and salt completely dissolve.
5. Let the brine cool down slightly; it should be warm but not hot.
6. While the brine cools, pack your jar with the prepared vegetables herbs, and spices.
7. Pour the warm brine over the vegetables in the jar, making sure to cover them completely. Leave about a half-inch of headspace at the top of the jar.
8. Place the lids on the jar and close. Make sure not to overtighten.
9. Place the jar in a cool, dark place or if you prefer, you can store it in the fridge.
10. The pickles will be ready in 24 hours, but they will develop more flavor if you let them sit for a few days or up to a week.
11. If you want to store the pickles for a longer period, you may can them in a water bath for 10 minutes to seal the jar, which allows them to be stored at room temperature until opened.
12. Once you open a jar, keep it refrigerated.

