

CUCUMBER LESSON #1 PICKLING



Ask: What foods do you enjoy eating with pickles?

Ask: Have you tried different types of pickles? Dill? Bread and Butter? Sweet?

Say: There are so many different recipes to make pickles.

Ask: What food is turned into a pickle?

Say: Pickles are cucumbers that have gone through a process called pickling.

Ask: Why might we pickle cucumbers?

Say: Pickling is a food preservation method that allows food to last longer before spoiling.

ACTIVITY: REFRIGERATOR PICKLES

Say: Pickling is a way to make food last longer. There are many foods that we pickle besides cucumbers, such as eggs, beets, and other produce that spoils.

Recipe:

- 2 cups Kirby cucumber, thinly sliced
- 1/2 cup white vinegar
- 1 1/2 tsp kosher salt
- 2 tbsp fresh dill, chopped

MATERIALS NEEDED

- Recipe ingredients
- Paper plates
- 1-pint mason jars with lids and rings
- Plastic knives

1. Put students into small groups of 4 to 5. Give each group 4 cucumbers, a paper plate, plastic knife, and mason jar.
2. Have students use the plastic knife to thinly slice the cucumbers.
3. Add cucumber slices to a clean 1-pint jar.
4. Add vinegar, salt, and dill to the jar.
5. Close the lid tightly and shake to distribute ingredients. (Liquid may not cover cucumber slices. Don't worry. The salt will draw liquid from the cucumbers in a few hours.)
6. Place the jar in the refrigerator. Over the next 6 hours, periodically remove the jar from the refrigerator and shake (about 2-3 times).
7. After 6 hours' time, enjoy delicious, crispy pickles.

Ask: How can pickling cucumbers help prevent food waste?

Say: When we harvest cucumbers, we might have too many to eat before they spoil. Pickling the cucumbers would allow us to save them to eat later, instead of creating food waste.

ALTERNATIVE ACTIVITY: TASTE TEST

Prep: Cut the different pickle types into bite-sized pieces. Place on a paper plate by type.

Say: Pickling is a way to make food last longer. There are many foods that we pickle besides cucumbers, such as eggs, beets, and other produce that spoils. Today we are going to taste different pickle recipes.

Directions: Pass out a toothpick to each student. Walk around the room with one type of pickle at a time and have students take a bite-sized piece with their toothpick. Once everyone has a pickle piece, taste them at the same time.

Ask: Do you think this pickle tastes sweet, salty, sour, or bitter? What would you want to eat with this pickle for a meal or a snack?

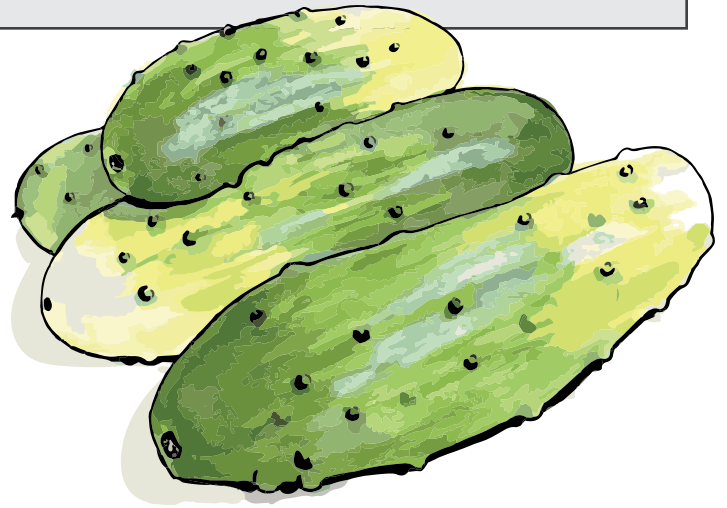
Directions: Repeat this for all pickle types. After all the pickles have been sampled and discussed, ask the students which pickle they thought was the best and which was the worst.

ADDITIONAL ACTIVITIES:

- *What Are Pickles?* video from SciShow Kids youtu.be/qnTrdAjXX8s
- *How Does Pickling Work?* video from Serving Up Science youtu.be/gw6YpN2oRog
- *Pickles, Please! A Dilly of a Book Read Aloud* youtube.com/watch?v=k89euhNI0IE

MATERIALS NEEDED

- Several different types of pickles (Examples: Dill, Bread and Butter, Sweet, Gherkins, etc.)
- Toothpicks
- Paper plates or bowls



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