**PREPARE YOUR OWN PICKLES**

Before you start - it's worth knowing that pickles should be consumed raw because when subjected to heat treatment (such as cooking soup), they lose many of their beneficial nutritional properties.

**PICKLED GARLIC**

**Ingredients (½ L JAR)**

* garlic
* 1 tablespoon of salt
* 1 liter of water
* spices: a piece of horseradish, 4-5 slices of carrot, dill with umbels plus green fronds, half a teaspoon of mustard seeds, 3 allspice grains, 1 bay leaf.

**Preparation:** Sterilize the jar, place the spices at the bottom. Put whole heads of garlic on top. Fill the remaining space in the jar with individual garlic cloves. In a separate container, prepare the brine by dissolving salt in water. Pour the warm brine over the garlic in the jar and seal it tightly. Leave it for about 6-8 days to ferment. After this period, tighten the jars again and store them in a pantry or another cool place. Pickled garlic is perfect for cold meat snacks.

**PICKLED ZUCCHINI WITH CARROT (½ L JAR)**

**Ingredients (½ L JAR)**

* young zucchinis – yellow and green (small and young zucchinis work best)
* 1 carrot
* 1 chili pepper (optional)
* pickling salt
* water
* spices: 6 peppercorns, 3 allspice grains, 1 bay leaf, 2 garlic cloves, 2 pieces of horseradish, 2 slices of fresh ginger, 3 slices of chili pepper.

**Preparation:** Wash, dry, and slice the zucchini. Peel, wash, and slice the carrot thinly. Place the spices at the bottom of a sterilized and dried jar. Pack the zucchini and carrot into the jar. For one jar, use one medium-sized, sliced carrot. Place larger zucchini slices on top. Pour the vegetables with previously prepared brine (water with salt). Do not seal the jar; just cover it tightly and leave it at room temperature for 6-7 days. After this time, the vegetables should be pickled. Seal the jars and store them in a cool place.

**MULTI-VEGETABLE PICKLES**

**Ingredients**

* 4 carrots
* 1 yellow and 1 red pepper
* 10 small cucumbers
* cauliflower
* broccoli
* 15 radishes
* spices: dill with umbels plus green fronds, about 5 cm of horseradish root, 3 garlic cloves, 2 bay leaves, 5 allspice grains, 10 colored or regular peppercorns, 10 mustard seeds.
* Brine: 2 liters of boiled water, 3 tablespoons of salt, 2 tablespoons of sugar.

**Preparation:** Wash the cucumbers. Wash the cauliflower and broccoli and divide them into florets. Wash the remaining vegetables and cut them into any shapes. Peel the carrots. Place all the spices, dill, horseradish, and garlic into a dry jar. Tightly pack the vegetables in any order. Pour the previously prepared brine over the vegetables to cover them completely. Seal the jar and leave it in a warm place for 2-3 days. After this time, transfer the jar to a dark and cool place for about 1.5 months. After this period, the pickles are ready to eat.

**Inspiration:** "PICKLED VEGETABLES AS THE KEY TO HUMAN IMMUNITY" Warmińsko-Mazurski Agricultural Advisory Center, 2022