

Herbed Pickles

from Vital Creations by Chad Sarno

3 cucumbers sliced
2 c raw apple cider vinegar
1 c water
1/2 T sea salt
1 T peppercorns
4 bay leaves
6 cloves garlic
1 dried chili pepper, whole
2 sprigs of fresh oregano
T fresh dill seed



Slice the cucumbers and set aside. In a Quart sized mason jar, combine all the spices and herbs, and pack in the slices cucumbers. Pour apple cider vinegar in the jar until 2/3 full. Fill remaining space in the jar with water. Tightly close the lid. Shake and refrigerate for 1 week to pickle.

We've found them to be a nice snack even after only 24 hours in the refrigerator.

Also try to pickle garlic, bell peppers and zucchini. They're a great addition to salads.

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