How To Pickle Anything (no canning necessary)

Categories: General Prepping, Homesteading, Self-Sufficiency

Pickling is a simple and delicious way to preserve foods. The health benefits of pickled meats such as pickled pork hocks, pickled sausage or pickled turkey gizzard, pickled vegetables, and pickled eggs are many. These pickled foods are generally low in fat, low in carbohydrates, high in fiber and chock full of vitamins and minerals.

It is generally believed that pickled foods contributed to a more balanced diet and better health. Eating pickled foods in a way brings us back to basics, forget about the great taste! This can be a great alternative to canning or add more food to your stockpile.

How To Pickle Anything (no canning necessary)

Photo Credit: eatingwell.com