Summer Squash

Pickled Summer Squash

June–October

Ingredients

2-3 summer squash, sliced into half-moons
2 cups white vinegar
1 cup water
¼ cup salt
1 teaspoon red pepper flake
1 teaspoon black peppercorns
½ teaspoon turmeric

Peak Season

June–October
**DIRECTIONS**

1. Place sliced squash in a large nonreactive container.

2. Combine remaining ingredients in a nonreactive saucepan. Bring to a boil, stirring well, until the salt dissolves completely.

3. Pour the boiled brine over the squash, and cover tightly with plastic wrap. Let sit on the counter to cool for 30 minutes, then refrigerate until needed. They get better overnight, but can be eaten as soon as you like.

_Nutrition tip:_
*Vegetables are at prime nutrition value when first picked. Pickling your vegetables is a great way to preserve the nutrition!*

Recipe provided by
**Eastern Market Chef**
Aaron Egan