

## Getting Started....



Pick your **Pickl-It!** Whether you're a beginner or experienced lacto-fermentation enthusiast, there's a **Pickl-It** size for everyone:

3/4 liter	1-liter	1½ liter	2-liter	3-liter	4-liter	5-liter
24.75 ounces	33 ounces	57 ounces	67 ounces	99 ounces	137 ounces	165 ounces
5¼"h x 4¼"d	6¼"h x 4¼"d	8¾"h x 4¼"d	8½"h x 5"d	9"h x 5½"d	11"h x 6¼"d	11"h x 7"d
.79 quarts	1.05 quarts	1.5 quarts	2.1 quarts	3.2 quarts	4.2 quarts	5.2 quarts
.50-lb - .75-lbs	.75-lb - 1.5 lbs	1.5 - 2-lbs	2 - 2.5-lbs	2.5 - 3-lbs	3 - 5 lbs	4 - 6 lbs



**Pickl-It** food-grade, toxin-free, high-quality components are easy-clean; simple to take-apart and reassemble.

- A. **All glass** - Italian food-grade container, lead-free wire-bail
- B. **Glass Lid** - USA-made FDA food-grade silicone grommet
- C. **Barrel Air Lock** - One-way valve releases excess CO<sub>2</sub> and oxygen, creating natural, spontaneous anaerobic conditions; made in Canada
- D. **Dunk'R** - USA laboratory and food-grade glass weight; hold food under brine; USA; (not included with 1-liter)
- E. **Plug'R** - Food-grade, silicone replaces airlock for refrigerated storage; USA-made
- F. **BPA-Free Cover Gasket** - Natural rubber, food-safe; dish-washer safe; one-size fits all; Italian-made; replaceable



**More Helpful FAQs!** [www.pickl-it.com](http://www.pickl-it.com)



**Easy to use!** With just a few simple tips, that are consistent from batch-to-batch, you'll achieve consistent, tasty results, time-after-time.



- Fill your **Pickl-It** to the "shoulder", leaving "headspace" between the lid and the top of the brine or food.
- Avoid opening the **Pickl-It** lid during the first few days of fermentation, allowing important flavor-producing gases to accumulate.
- Use filtered water; chlorine and fluoride will kill the beneficial lactic-acid bacteria.



**Pickl-It** airlock and tight-fitting wire-bail system, create consistently tasty results from the first batch!

- Use a gentle, twisting motion inserting airlock into lid's grommet.
- **ALWAYS** fill the airlock with 1 1/2 T water.
- **NEVER** place the airlock in dishwasher.
- When not in use, unassemble airlock, air-dry parts between uses.



**Pickl-It**®

Visit our website for more recipes, tips, FAQ and resources.  
[www.pickl-it.com](http://www.pickl-it.com)

## Creating Nutritious Food....



Half-Sours   Scapes   Pearl Onions   Raw Garlic   Sauerkraut   Radish

**Pickl-It + Your Imagination = Tasty, Naturally-Preserved Food!**

**Anaerobic lacto-fermentation** - traditional! Naturally preserves dairy, fruit, grains and a wide-variety of vegetables to make kraut, kimchi, pickled cukes and kvass.

*Please do NOT add whey.*

### 3 salt-brines formulas:

- **SELF-BRINE:** Salt extracts brine from vegetable: cabbage leaves, kraut, beets, black radish and daikon.

**Formula:** 19 grams salt + 3-pounds vegetable

- **2% BRINE:** Most vegetables require a brine for harvest-to-harvest preservation - green beans, broccoli, cauliflower, pearl onions, garlic, ginger.

**Formula:** 19 grams salt + 4 cups water

- **CUKE-BRINE** - Pickling cukes have two formulas:

**Full-Sour:** 48 grams salt + 4 cups water = 5% brine

**Half-Sour:** 33 grams salt + 4 cups water = 3.5% brine

Visit "**Brine Recommendations**" at **Pickl-It**:

<http://www.pickl-it.com/blog/636/brine-recommendations/>



- Use only high-quality, unrefined sea salt - Sea salt adds flavor, inhibits mold, and provides important minerals to the lactic acid bacteria.

*Ideal Lacto-fermentation temperatures = 68°-72°F*



### Have fun experimenting with flavors!

- Use **ONLY** Whole Spices or Herbs
- Powdered spices/herbs decay, can spoil food
- Please use only organic, biodynamic sources

**Combination suggestions:**

Carrots - dill or ginger

Green Beans - Italian seasonings

Beets - whole cinnamon and cloves

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