



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Artichoke

In season:



Summer

**Preserve it
to enjoy year
round!**

Water Bath Canner (Pickling)

1. Prep

- Wash 2 gallons Jerusalem artichokes
- Cut into chunks, cover with vinegar, 2 cups salt, 4 Tablespoons turmeric
- Soak 24 hours
- Fill canner with 2-3 inches warm water
- Prepare pickling solution
 - » 1 gallon vinegar, 13 cups sugar, 2 Tablespoons turmeric and 1/2 cup pickling spice tied in spice bag
- Simmer solution 25 minutes, remove spice bag

2. Pack

- Drain, pack into pint jars, add 1 red pepper per jar
- Cover with solution
- Leave 1/2 inch headspace
- Remove air bubbles, wipe jar rings, tighten to fingertip tight

3. Processing

Fill canner with jars, ensure water is 2 inches above tops of jars

- » Process 10 minutes
- » Altitudes above 1,000 feet require adjustment in processing time

Feet Above Sea Level	Increase in Processing Time
1,001-3,000	5 minutes
3,001-6,000	10 minutes
6,001-8,000	15 minutes
8,001-10,000	20 minutes

Freezing: Artichoke Hearts

Process: Water Blanch

- Select green artichokes with tightly adhering leaves
- Remove all leaves and choke
- Portion that is left at the base is the "heart"
- Cut stem below the heart and trim any woody portions
- Wash hearts in cold water and drain
- Boil in water for 7 minutes
- Drain
- Pack into freezing containers with no headspace
- Seal and freeze

Drying

Process: Dehydrator

- Cut hearts into 1/8 inch strips
- Heat in boiling solution (3/4 cup water and 1 Tablespoons lemon juice) for 6-8 minutes
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
- Estimated drying time is 4-6 hours



Sips/Tricks:

An average of 24 1/2 pounds is needed per canner load of 7 quarts;
an average of 16 pounds is needed per canner load of 9 pints.

Source: National Center for Home Food Preservation

Jerusalem Artichoke Pickles

Ingredients

- 2 gallons Jerusalem artichokes
- Vinegar (5%) to cover
- 2 cups canning salt
- 4 Tablespoons turmeric
- 10 to 12 medium red peppers

Pickling Solution:

- 1 gallon vinegar (5%)
- 13 cups (6 pounds) sugar
- ½ cup pickling spice (tied in cheese cloth or spice bag)
- 2 Tablespoons turmeric

Directions

1. Wash artichokes and cut into chunks.
2. Pack the chunks into a food grade plastic container, crock, or glass jar and cover with vinegar. Mix in 2 cups canning salt and 4 tablespoons turmeric and let soak for 24 hours.
3. About 30 minutes before the 24 hours is up, prepare pickling solution by combining 1 gallon vinegar, sugar, pickling spice in spice bag and 2 tablespoons turmeric in a large saucepan. Bring to a boil and simmer for 20 to 25 minutes. Remove spice bag.
4. Drain artichokes and pack the chunks into hot jars, adding 1 medium red pepper to each jar, leaving ½ inch headspace. Add hot pickling solution, leaving ½ inch headspace.
5. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
6. Secure lids and process in a boiling water bath canner for 10 minutes (altitudes above 1,000 feet require increased processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Makes about 10 to 12 pint jars

Sources: nchfp.uga.edu/how/can_06/artichoke_pickles.html

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and videos at
extension.sdstate.edu**