



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:
 
**Summer and
Fall**

**Preserve it
to enjoy year
round!**

Brussels Sprout

Water Bath Canner

1. Prep

- Fill canner with 2-3 inches warm water
- Remove course outer leaves and wash
- Follow pickle recipe: nchfp.uga.edu/how/can_06/pickled_cauliflower_brussel.html

2. Pack

- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

- Fill canner and cover jars with 2 inches of water
- » Half-Pint: 10 minutes
 - » Pint: 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

Process: Water Blanch

- Select green, firm and compact heads
- Remove coarse outer leaves
- Wash and sort based on size
- Water blanch in boiling water for the appropriate time:
 - » Small: 3 minutes
 - » Medium: 4 minutes
 - » Large: 5 minutes
- Place into cold water
- Drain and pack, leaving no headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash brussel sprouts
- Cut in half lengthwise through stem
- Steam for 6-7 minutes
- Set dehydrator to 140 degree F
- Arrange in single layer on racks
 - » Add some seasoning before dehydrating for extra flavor.
- Estimated drying time is 12-18 hours, depending size



Tips/Tricks:

Brussels sprouts are a good source of iron, calcium, and vitamin A.

For more information, visit: nchfp.uga.edu

Pickled Brussels Sprouts

Ingredients

- 12 cups brussels sprouts
- 4 cups white vinegar (5%)
- 2 cups sugar
- 2 cups onions, thinly sliced
- 1 cup sweet red peppers, diced
- 2 Tablespoons mustard seed
- 1 Tablespoon celery seed
- 1 teaspoon turmeric
- 1 teaspoon hot red pepper flakes

Directions

1. Wash brussels sprouts and remove outer leaves and blemishes. Boil in salt water (4 teaspoons canning salt per gallon of water) for 4 minutes. Drain and cool.
2. Combine vinegar, sugar, onion, diced red pepper and spices in a large saucepan. Bring to a boil and simmer 5 minutes.
3. Fill hot jars with brussels sprouts leaving ½ inch headspace. Then add in the onion and pepper pickling solution, leaving ½ inch headspace.
4. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
5. Secure lids and process in a 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 9 half-pints

Source: [National Center for Home Food Preservation](#)

Freezing Brussels Sprouts

Ingredients

- Brussels Sprouts

Directions

1. Remove outer leaves and blemishes and wash brussels sprouts.
2. Sort brussels sprouts in small, medium and large heads. Boil small heads for 3 minutes, medium heads for 4 minutes and large heads for 5 minutes.
3. Cool promptly, drain and package, leaving no headspace. Seal and freeze.

Source: [National Center for Home Food Preservation](#)

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and videos at
extension.sdstate.edu**