

## Pickled Beets

Yield: approx. 8 pints

1 gallon	small beets with 2 inches stem attached
2 Tbsp	whole allspice
2	cinnamon sticks
1 ½ quarts	vinegar
½ cup	honey or 1 cup sugar

### Method:

Cook beets in water – enough to cover. When tender, slip the skins off. Once peeled, keep whole, sliced or quartered. Combine all other ingredients and bring to a boil. Pack beets into scalded pint jars, cover with boiling syrup leaving ½ inch headspace. Seal and process for 20 minutes in a boiling water bath.

*(by Chef Dan Brophy, Summer Food Preservation Series 2013, Portland Nursery / Stark)*