Dilly Beans
Makes 2 quarts

Ingredients and Supplies
- 4 pint or 2 quart jars
- Kosher or sea salt (make sure to use kosher or sea salt, as these tend to contain less iodine. Iodine will prevent your pickles from fermenting properly)
- Water
- 3 pounds green beans (trimmed, if possible)
- 3 tablespoons of pickling spices such as:
  - mustard seed
  - dill seed
  - coriander seed
  - cumin seed
  - caraway seed
  - whole peppercorns
  - hot pepper (fresh or dried)
*It is important to use whole spices here; ground spices will cause mold
- 4 garlic cloves, peeled
- 2 large handfuls of dill

Directions
1. Put 2-3 teaspoons of kosher salt in each pint jar (double that amount for quart jars).
2. In each jar divide up the red pepper flakes, garlic cloves, peppercorns, and dill.
3. Place the green beans on top of the seasoning, straight up if they are long and thin or sideways if thicker and cut into chunks. Cover with your brine solution up to 1/2 inch from top of jar. Place some extra dill on top of your beans.
4. Seal lid until fully closed and then unscrew one half turn. Allow your pickles to ferment at room temperature for 3 to 10 days, tasting to determine when it has fermented to your taste. It will get tangier as it ferments.
5. Transfer to cold storage, and enjoy!

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