

# Schmita Pickling Supply List-2

## Materials:

- Three 16 oz Mason jars/person (Some Dollar stores stock them)
- Knives
- Cutting board
- Large bowls
- Measuring Cup

## Food:

- 1 Head Cabbage
- 3 Red onions
- 4 Bulbs of Garlic
- 1 bag/bundle of Carrots
- Sea salt (non-iodized)
- Herbs and spices that could include:
  - Dill seed
  - Mustard seed
  - Red pepper flakes
  - Coriander
  - Cumin
  - Black pepper