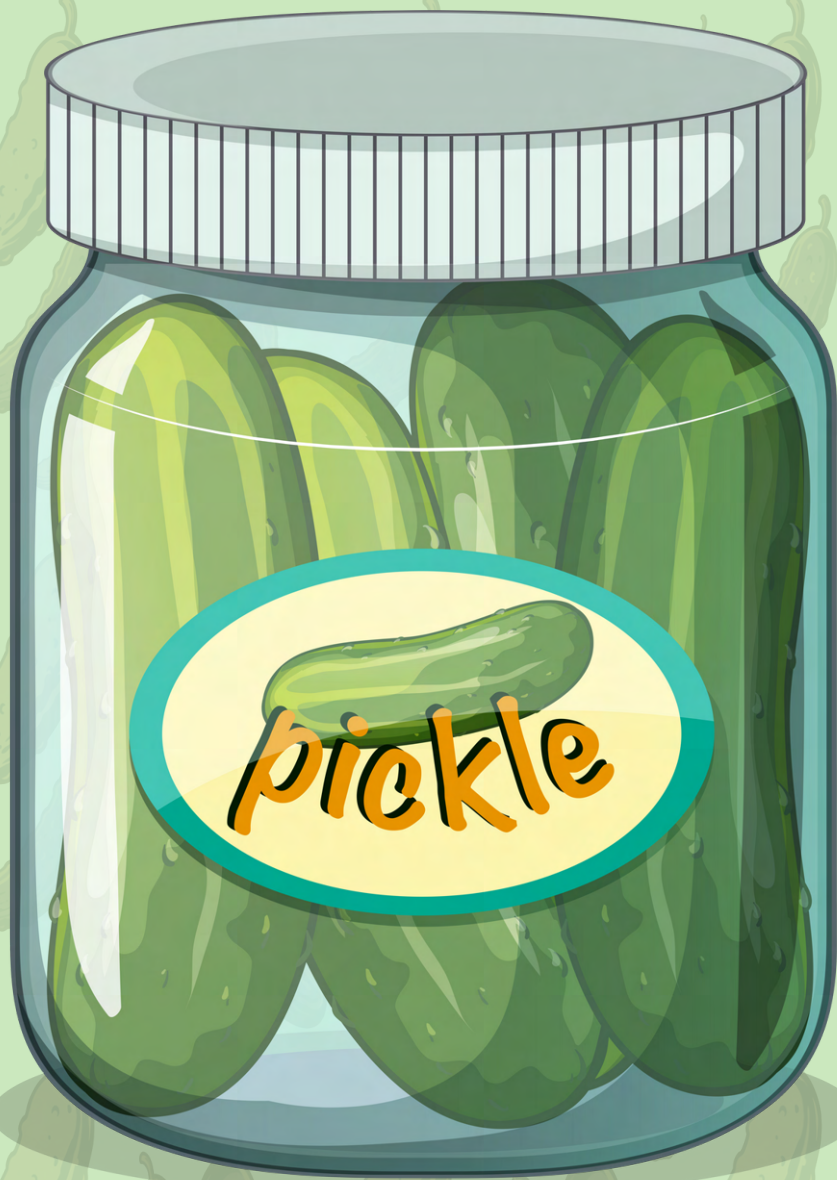


PERSONAL



PICKLE GUIDE

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DIFFERENCE BETWEEN PICKLES

TEAM CRUNCH

We dedicate this guide to all our pickle loving pals!
Whether you are just getting started or have a perfect pickle palette there is something for everyone in this guide!! Don't like pickles? Maybe you just haven't found the right match!

Our personal pickle guide includes ALL of our favorite pickled items, where to find them, the difference between different types of pickles, and so much more! You will know all the ins and outs of what you need to find your perfect pickle match!

We hope you all absolutely LOVE it!!
Happy Crunching!

Love,
Erica and Morgan



THE PICKLE GUYS

OUR FAVORITE PICKLES

- FULL SOUR PICKLES
- HALF SOUR PICKLES
- HORSERADISH PICKLES

OUR FAVORITE SPECIALTY ITEMS

- PICKLE STRING BEANS
- PICKLED GARLIC
- PICKLED RED BELL PEPPERS
- PICKLED WATERMELON
- GARLIC STUFFED OLIVES
- BRUSSELS

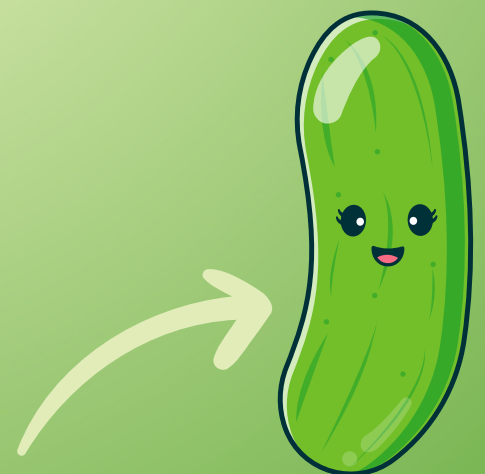
Where can we find them?



WEBSITE



STOREFRONT



New York, NY

**CLICK THE PICKLE
TO TOUR THEIR SITE**

DILL DADDY

OUR FAVORITE PICKLES

- CLASSIC DILL
- GARLIC DILL

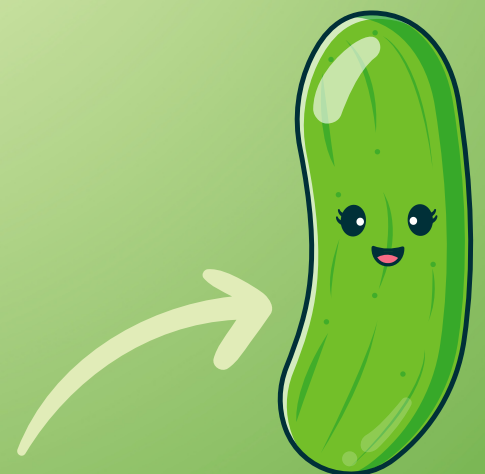
Where can we find them?



WEBSITE

IF YOU CAN HANDLE SPICY

- SPICY GARLIC DILL



**CLICK THE PICKLE
TO TOUR THEIR SITE**



Belmont, MI

KEVIN'S CRAZY KITCHEN

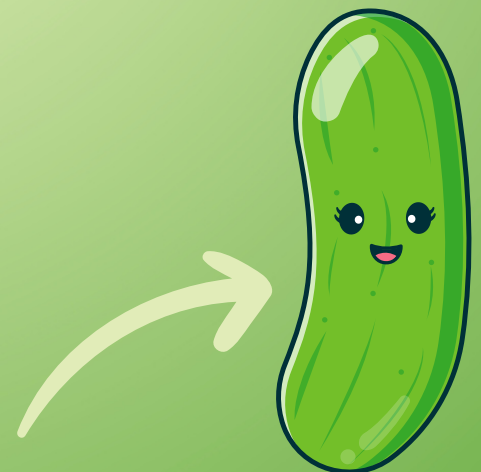
OUR FAVORITE ITEMS

- GARLIC PICKLES
- GARLIC TOMATOES
- KIK'N CAULIFLOWER
- PHILLY (CHEESE) STEAK
- KOREAN SPICE

Where can we
find them?



WEBSITE



Pennsylvania

**CLICK THE PICKLE
TO TOUR THEIR SITE**

KATZ DELI

OUR FAVORITE PICKLE

- FULL SOURS

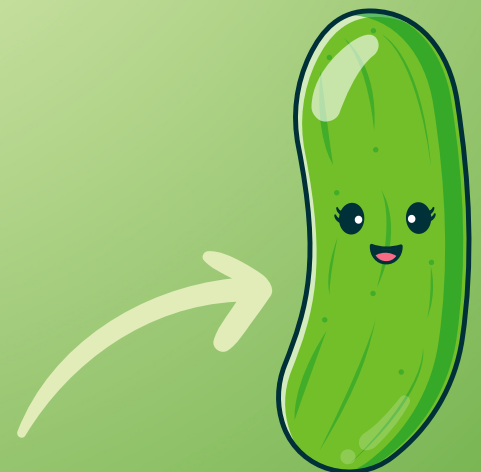
Where can we find them?



WEBSITE



STOREFRONT



New York, NY

**CLICK THE PICKLE
TO TOUR THEIR SITE**

RANDY'S ARTISIAN PICKLES

OUR FAVORITE PICKLE

- **SIDEBURNS - GRILLED
PICKLES**

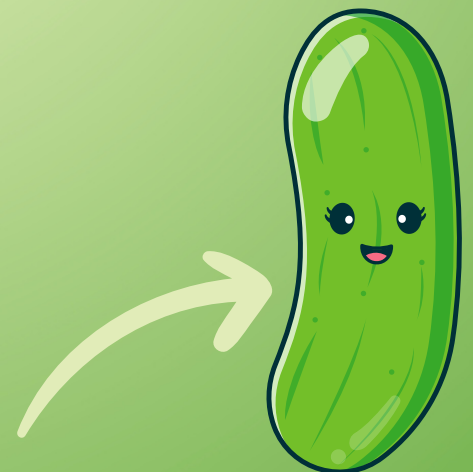
Where can we
find them?



WEBSITE



SELECT STORES
IN OHIO



Ohio

**CLICK THE PICKLE
TO TOUR THEIR SITE**

TYPICKLE PICKLE

OUR FAVORITE ITEMS

- PICKLED GREEN BEANS
- ITALIAN GARLIC
- DILL PICKLE CHIPS
- PICKLED APPLE PIE
- PICKLED CHERRIES
- VANILLA GRAPES

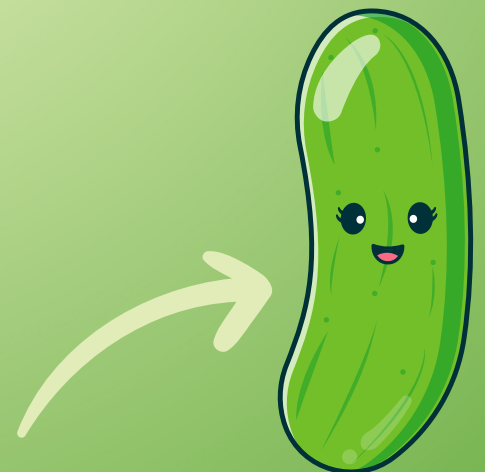
Where can we
find them?



WEBSITE



STOREFRONT



Midland, TX

**CLICK THE PICKLE
TO TOUR THEIR SITE**

GREEN KAMIKOZEES

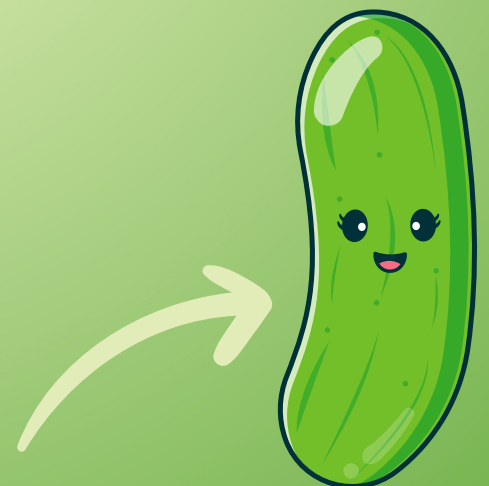
OUR FAVORITE ITEMS

- PESTO PICKLES
- KAMIKOZEE KABBAGE
- FIERY FUNGI
- SCREAMIN' GARLIC
- POPPIN' PINEAPPLE

Where can we
find them?



WEBSITE



**CLICK THE PICKLE
TO TOUR THEIR SITE**



Kutztown, PA

OLIVE MY PICKLE

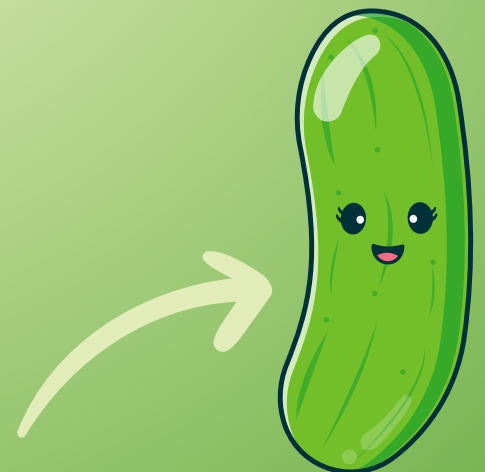
OUR FAVORITE ITEMS

- GARLIC FERMENTED PICKLES
- HORSERADISH FERMENTED PICKLES
- FERMENTED CLASSIC KIMCHI
- CUCUMBER KIMCHI
- DAIKON RADISH KIMCHI

Where can we find them?



WEBSITE



Jacksonville, FL

**CLICK THE PICKLE
TO TOUR THEIR SITE**

KAYLIN + KAYLIN

OUR FAVORITE ITEMS

- HONEY MUSTARD CHIPS
- JALAPENO
- SPICY GARLIC SPEARS
- HORSERADISH

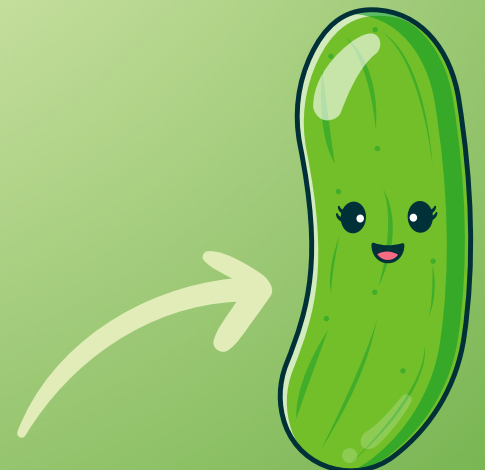
Where can we find them?



WEBSITE



STOREFRONT



Los Angeles, CA

**CLICK THE PICKLE
TO TOUR THEIR SITE**

BUBBIES

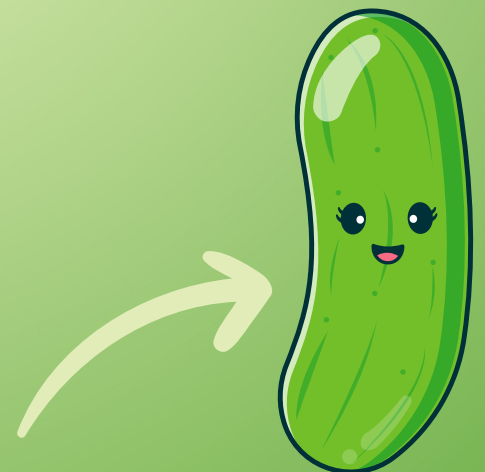
OUR FAVORITE ITEMS

- KOSHER DILL PICKLES
- SPICY KOSHER DILL PICKLES

Where can we find them?



WEBSITE



San Francisco, CA

**CLICK THE PICKLE
TO TOUR THEIR SITE**

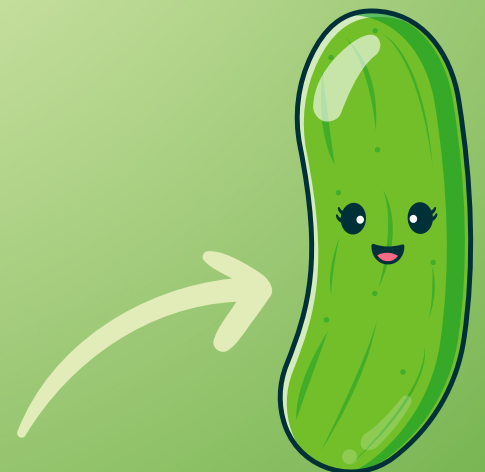
OH SNAP! PICKLES

OUR FAVORITE ITEMS

- GONE DILLY - WHOLE DILL PICKLE
- CARROT CUTIES - PICKLED CARROTS
- CRANBERRY SWEETIES - CRANBERRIES

Where can we find them?

- ✓ WEBSITE
- ✓ AMAZON
- ✓ WALMART
- ✓ COSTCO
- ✓ SELECT GAS STATIONS



**CLICK THE PICKLE
TO TOUR THEIR SITE**

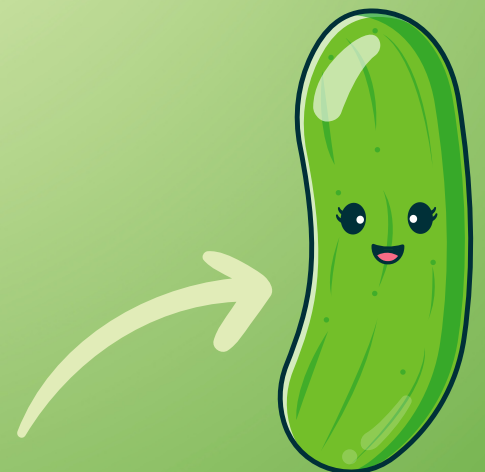
GRILLO'S PICKLES

OUR FAVORITE ITEMS

- PICKLE DE GALLO
- HALF SOURS
- THICKLES

Where can we
find them?

- ✓ WEBSITE
- ✓ TARGET
- ✓ AMAZON
- ✓ WHOLE FOODS



Boston, MA

**CLICK THE PICKLE
TO TOUR THEIR SITE**

FOSTERS PICKLED PRODUCTS

OUR FAVORITE ITEM

- PICKLED
ASPARAGUS

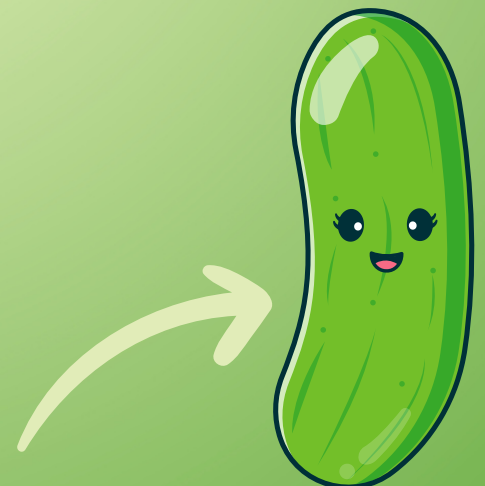
Where can we
find them?



WEBSITE



COSTCO



Pasco, Washington

**CLICK THE PICKLE
TO TOUR THEIR SITE**



WHAT'S THE BEST PICKLE EVER??



Well, it depends on WHO is eating the pickle! We all have different taste buds and preferences. They make so many different flavors of pickles- Sour, Tart, Sweet, Garlicky, Spicy, Candied, and Salty. Texture is also very important! Some people want **CRUNCH**, while others want a softer pickle.



01

QUALITY OF INGREDIENTS – FRESH PRODUCE: THE FRESHEST CUCUMBERS, OR ANY OTHER VEGETABLES OR FRUITS YOU'RE PICKLING, MAKES A DIFFERENCE. THEY SHOULD BE FIRM, FREE OF BRUISES OR BLEMISHES, AND IDEALLY PICKED AT THE PEAK OF THEIR RIPENESS.

02

HIGH-QUALITY VINEGAR: THE TYPE OF VINEGAR IS SO IMPORTANT FOR THE FLAVOR OF THE PICKLE. APPLE CIDER VINEGAR, WHITE WINE VINEGAR, AND RICE VINEGAR ARE POPULAR CHOICES.



03

PURE, NON-IODIZED SALT: USING NON-IODIZED SALT (LIKE PICKLING SALT OR KOSHER SALT) IS SO IMPORTANT BECAUSE IT DOESN'T CONTAIN ANTI-CAKING AGENTS THAT CAN CLOUD THE BRINE.



04

THE RIGHT SPICE BLEND : THE COMBINATION OF SPICES IS WHAT SETS ONE PICKLE APART FROM ANOTHER. CLASSIC SPICES INCLUDE DILL, MUSTARD SEEDS, PEPPERCORNS, GARLIC, AND CORIANDER SEEDS. HOWEVER, THE BEST PICKLE MIGHT INCLUDE A UNIQUE BLEND OF SPICES OR EVEN A SECRET INGREDIENT THAT ADDS A DISTINCTIVE FLAVOR.

HERE ARE SOME IMPORATANT FACTORS THAT MAKE THE "BEST" PICKLE

05

PERFECT BRINE BALANCE: THE RATIO OF WATER TO VINEGAR IN THE BRINE CAN DRAMATICALLY AFFECT THE PICKLE'S TASTE, TEXTURE, AND PRESERVATION QUALITY. THE BEST PICKLE OFTEN STRIKES A PERFECT BALANCE BETWEEN TANGY, SALTY, AND A DASH OF SWEET, WITHOUT ANY ONE FLAVOR OVERPOWERING THE OTHERS.



06

PROPER PICKLING TECHNIQUE: WHETHER YOU'RE FERMENTING YOUR PICKLES FOR PROBIOTICS AND DEPTH OF FLAVOR OR USING A QUICK-PICKLE (VINEGAR-BASED) METHOD FOR CRUNCH AND ACIDITY, THE TECHNIQUE MATTERS. THE BEST PICKLE IS OFTEN THE RESULT OF TIMING, TEMPERATURE CONTROL, AND CLEANLINESS TO PREVENT SPOILAGE AND ENSURE SAFETY.

07

PATIENCE AND TIMING: SOME PICKLES TASTE BEST AFTER THEY'VE HAD ENOUGH TIME TO DEVELOP THEIR FLAVORS FULLY. THIS COULD MEAN A FEW DAYS FOR QUICK PICKLES OR SEVERAL WEEKS FOR FERMENTED ONES. THE BEST PICKLE IS OFTEN THE ONE THAT'S BEEN ALLOWED TO MATURE TO ITS FLAVOR PEAK.



08

PERSONALIZATION: ULTIMATELY, THE BEST PICKLE CATER TO YOUR TASTE PREFERENCES. THIS IS WHY IT'S IMPORTANT TO TASTE THEM ALL! WITH DIFFERENT TYPES OF PRODUCE, BRINES, SPICES, AND PICKLING TIMES CAN HELP YOU DISCOVER WHAT YOU PERSONALLY CONSIDER THE BEST PICKLE.



WHAT VEGETABLE/FRUIT MAKES THE BEST PICKLE?



Almost any vegetable or fruit can be pickled! Here are some of the best vegetables and fruits for pickling, each offering unique flavors and textures

VEGETABLES



CUCUMBERS



CARROTS



CAULIFLOWER



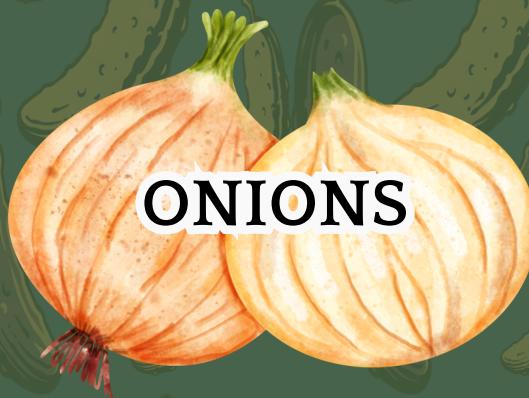
**GREEN
BEANS**



BEETS



RADISHES



ONIONS



ASPARAGUS

FRUIT



**WATERMELON
RIND**



APPLES



PEARS



CHERRIES



PINEAPPLE



GRAPES



MANGOS



ARE PICKLES GOOD FOR YOU?



Yes, pickles **CAN** be good for you, offering lots of health benefits when consumed in moderation. However, the nutritional value and health benefits can vary based on the pickling method and the ingredients used.

1. NUTRIENT PRESERVATION: THE PICKLING PROCESS CAN PRESERVE AND SOMETIMES ENHANCE THE NUTRIENT CONTENT OF VEGETABLES AND FRUITS. MANY PICKLED FOODS ARE GOOD SOURCES OF ESSENTIAL VITAMINS AND MINERALS.

2. DIGESTIVE HEALTH: FERMENTED PICKLES ARE RICH IN PROBIOTICS, WHICH ARE BENEFICIAL BACTERIA THAT PLAY AN IMPORTANT ROLE IN MAINTAINING GUT HEALTH. CONSUMING FOODS RICH IN PROBIOTICS CAN HELP IMPROVE DIGESTION AND BOOST THE IMMUNE SYSTEM.

HERE ARE SOME POTENTIAL HEALTH BENEFITS OF PICKLES

3. LOW IN CALORIES: MOST PICKLED VEGETABLES ARE LOW IN CALORIES, MAKING THEM A GOOD SNACK OPTION FOR WEIGHT MANAGEMENT. HOWEVER, IT'S IMPORTANT TO CONSIDER THE ADDED SUGARS IN SOME TYPES OF PICKLES, SUCH AS SWEET PICKLES.

4. ANTIOXIDANT PROPERTIES: MANY FRUITS AND VEGETABLES THAT ARE COMMONLY PICKLED, SUCH AS CUCUMBERS, CARROTS, AND BEETS, CONTAIN ANTIOXIDANTS. THE PICKLING PROCESS CAN PRESERVE THESE ANTIOXIDANTS, WHICH HELP PROTECT THE BODY AGAINST FREE RADICALS.

IMPORTANT!

I AM NOT A DOCTOR PLEASE CONSULT WITH YOUR DOCTOR*



**HERE ARE SOME
CONSIDERATIONS
TO KEEP IN MIND**

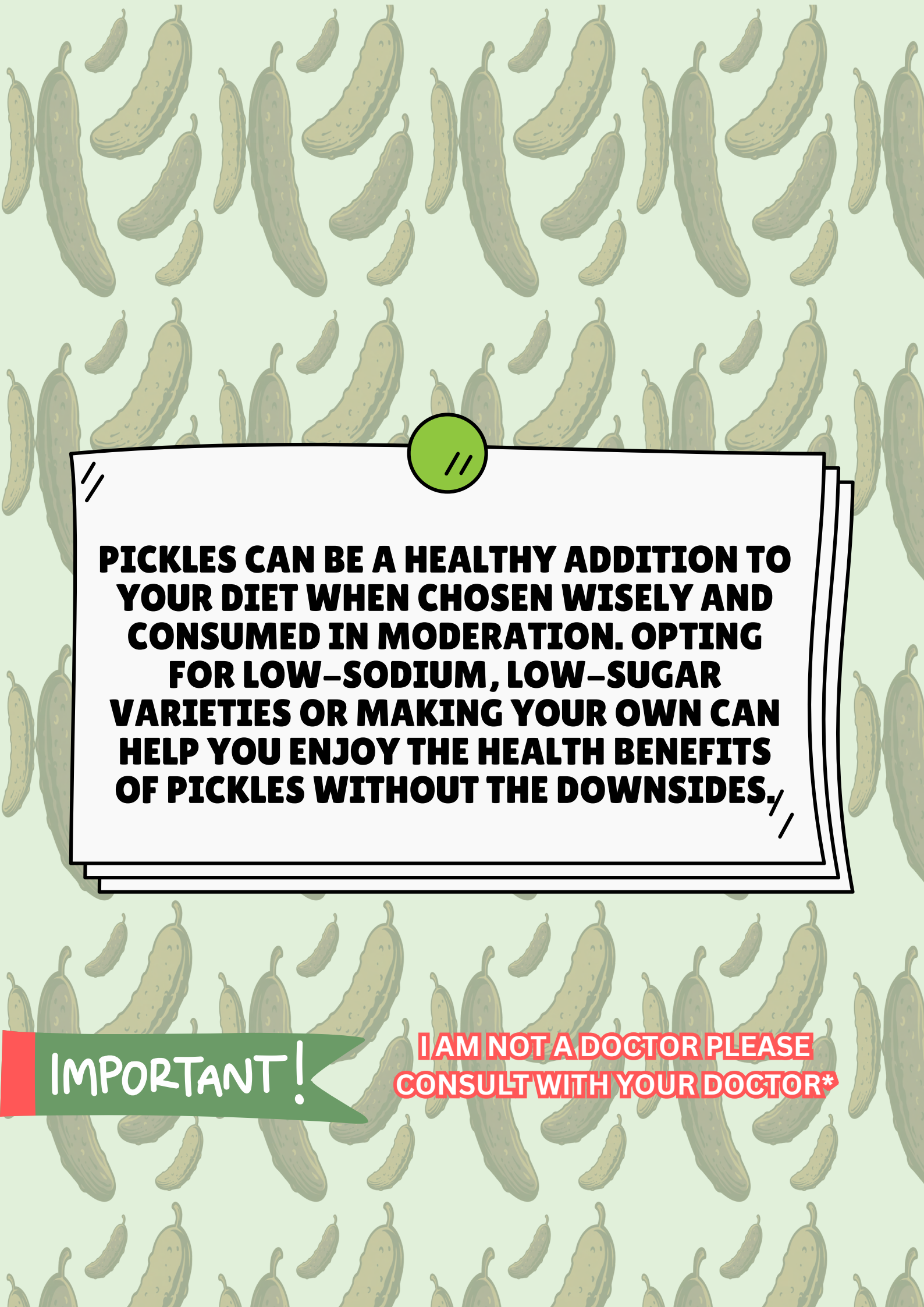
*** ADDED SUGARS:***
SOME TYPES OF PICKLES, ESPECIALLY
SWEET PICKLES, CONTAIN ADDED
SUGARS, WHICH CAN INCREASE
CALORIE CONTENT AND POTENTIALLY
LEAD TO NEGATIVE HEALTH EFFECTS IF
CONSUMED IN LARGE QUANTITIES./

*** ACID CONTENT:***
THE VINEGAR USED IN PICKLING CAN
BE ACIDIC, WHICH MIGHT NOT BE
GREAT FOR EVERYONE, ESPECIALLY IF
YOU HAVE ISSUES WITH ACID REFLUX
OR STOMACH ULCERS.

*** HIGH SODIUM CONTENT***
MANY PICKLED PRODUCTS ARE HIGH IN
SODIUM, WHICH CAN CONTRIBUTE TO HIGH
BLOOD PRESSURE AND OTHER CARDIOVASCULAR
ISSUES IF CONSUMED IN EXCESS. IF YOU ARE
PRONE TO THOSE ISSUES, LOOK FOR LOW-
SODIUM OPTIONS OR MAKE YOUR OWN PICKLES
TO CONTROL THE AMOUNT OF SALT USED.

IMPORTANT!

**I AM NOT A DOCTOR PLEASE
CONSULT WITH YOUR DOCTOR***



PICKLES CAN BE A HEALTHY ADDITION TO YOUR DIET WHEN CHOSEN WISELY AND CONSUMED IN MODERATION. OPTING FOR LOW-SODIUM, LOW-SUGAR VARIETIES OR MAKING YOUR OWN CAN HELP YOU ENJOY THE HEALTH BENEFITS OF PICKLES WITHOUT THE DOWNSIDES.

IMPORTANT!

I AM NOT A DOCTOR PLEASE CONSULT WITH YOUR DOCTOR*



CAN PICKLES HELP WITH MUSCLE CRAMPS?



Yes, there's evidence suggesting that pickles or pickle juice may help alleviate muscle cramps. The proposed mechanism behind this effect is not entirely due to electrolytes, as once commonly believed, but rather to the vinegar content in pickle juice.

HERE'S HOW IT WORKS

VINEGAR AND NEURAL REFLEXES

THE PRIMARY HYPOTHESIS IS THAT THE VINEGAR IN PICKLE JUICE MAY TRIGGER A REFLEX WHEN IT HITS THE BACK OF THE THROAT, SENDING A SIGNAL TO THE NERVOUS SYSTEM THAT SOMEHOW EASES THE CRAMPING. THIS REFLEX MAY HELP TO STOP THE MISFIRING OF NEURONS IN MUSCLE FIBERS THAT CAUSES THE CRAMP.

RAPID RELIEF

STUDIES HAVE SHOWN THAT CONSUMING PICKLE JUICE CAN RELIEVE MUSCLE CRAMPS FASTER THAN DRINKING THE SAME AMOUNT OF WATER. THIS EFFECT IS NOTED TO OCCUR WITHIN MINUTES OF CONSUMPTION, SUGGESTING THAT THE BENEFIT IS NOT DUE TO THE BODY ABSORBING THE LIQUID BUT RATHER TO A NEURAL RESPONSE.

PRACTICAL USE

PEOPLE HAVE REPORTED USING PICKLE JUICE TO PREVENT AND TREAT MUSCLE CRAMPS. ALTHOUGH THE EXACT DOSAGE AND EFFICACY CAN VARY BETWEEN INDIVIDUALS, A SMALL AMOUNT (ABOUT 1 TO 2 OUNCES) OF PICKLE JUICE IS OFTEN USED AT THE ONSET OF CRAMPS.



**CAN YOU EXPLAIN THE DIFFERENT
TYPE OF PICKLES?**



Sure... there are so many different kinds, so
let's go over the top 10 most popular.

01 DILL PICKLES

Are the Most commonly sold pickles. Dill pickles are a type of pickled cucumber known for their tangy, savory flavor profile. They are traditionally made in vinegar-based brine, while the refrigerated versions are made with salt-based brine. The basic ingredients for dill pickles usually include: Cucumbers, Vinegar, Water, Pickling salt/ kosher salt, Dill and Garlic.

02 KOSHER PICKLES

The biggest difference between dill and kosher dill pickles is GARLIC! Kosher dill pickles include a noticeable amount of garlic in the brine, which gives them a more complex, garlicky, and tangy flavor compared to regular dill pickles

03 BREAD AND BUTTER PICKLES

Bread and butter pickles are a sweet and tangy pickled cucumber, known for their crisp texture and a flavor profile that balances sweetness with a mild tartness. Unlike dill pickles, which are primarily savory with a tangy edge, bread and butter pickles combine sweet, tangy, and slightly spicy flavors. Thinly sliced onions are often included in the mix, with a hint of spice from the mustard and celery seeds. The turmeric adds a subtle earthiness and contributes to the color.

04 GHERKINS

Gherkins are small, pickled cucumbers known for their crunchy texture and distinctive tangy flavor.

Gherkins are typically made from a variety of cucumber called "Cornichons" in French, which are harvested before reaching full maturity, resulting in their small size and crisp texture. Gherkins come in various styles, including: Sweet Gherkins (sweeter and might include cinnamon, cloves, and sugar in the brine.), Dill Gherkins (primarily flavored with dill, they are savory and tangy) and Cornichons (A French style of gherkin that is small, tart, and often served with pâté or cheese.)

05 FULL SOUR

A full sour pickle is a type of fermented cucumber that has been fully brined in a saltwater solution (brine) for an extended period, allowing it to develop a strong, sour flavor. Full sours undergo a natural fermentation process involving lactobacillus bacteria present on the skin of the cucumber. This process not only gives the pickles their distinctive sour taste but also adds probiotic benefits. Full sour pickles are intensely sour and tangy, with a complex flavor that includes notes from the garlic and spices used in the brine. The lack of vinegar in the brine allows the natural flavors of the cucumber and the fermentation process to shine through.

06 3/4 SOUR PICKLE

A 3/4 sour pickle, often found in the spectrum between half-sour and full sour pickles, is a type of fermented cucumber that has been brined for a period that allows it to develop a robust, tangy flavor, yet not as intense as a full sour pickle.

3/4 sour pickles strike a balance between the bright, fresh taste of half-sour pickles and the deep, tangy flavor of full sour pickles. They are noticeably sour but still retain some of the original cucumber flavor.

07 HALF SOUR

A half sour pickle is a type of pickled cucumber that is less fully fermented than traditional full sour pickles, resulting in a lighter, more refreshing taste that retains much of the original cucumber's crispness and natural green color. **THEY ARE CRUNCHHHYYYYY!** Half sour pickles have a mild, slightly tangy flavor, with the freshness of the cucumber still prominent. The spices in the brine add subtle flavors without overpowering the natural taste of the cucumber.

08 NEW PICKLE

A “new pickle,” often referred to in the context of the pickling process stages, is essentially a cucumber that has just begun the pickling process. These pickles are at the earliest stage of fermentation or brining, having been submerged in the pickling brine for a very short period, typically a day or two. New pickles have a very mild flavor, with just a hint of the tanginess and seasoning from the brine. The cucumber’s natural taste remains dominant.

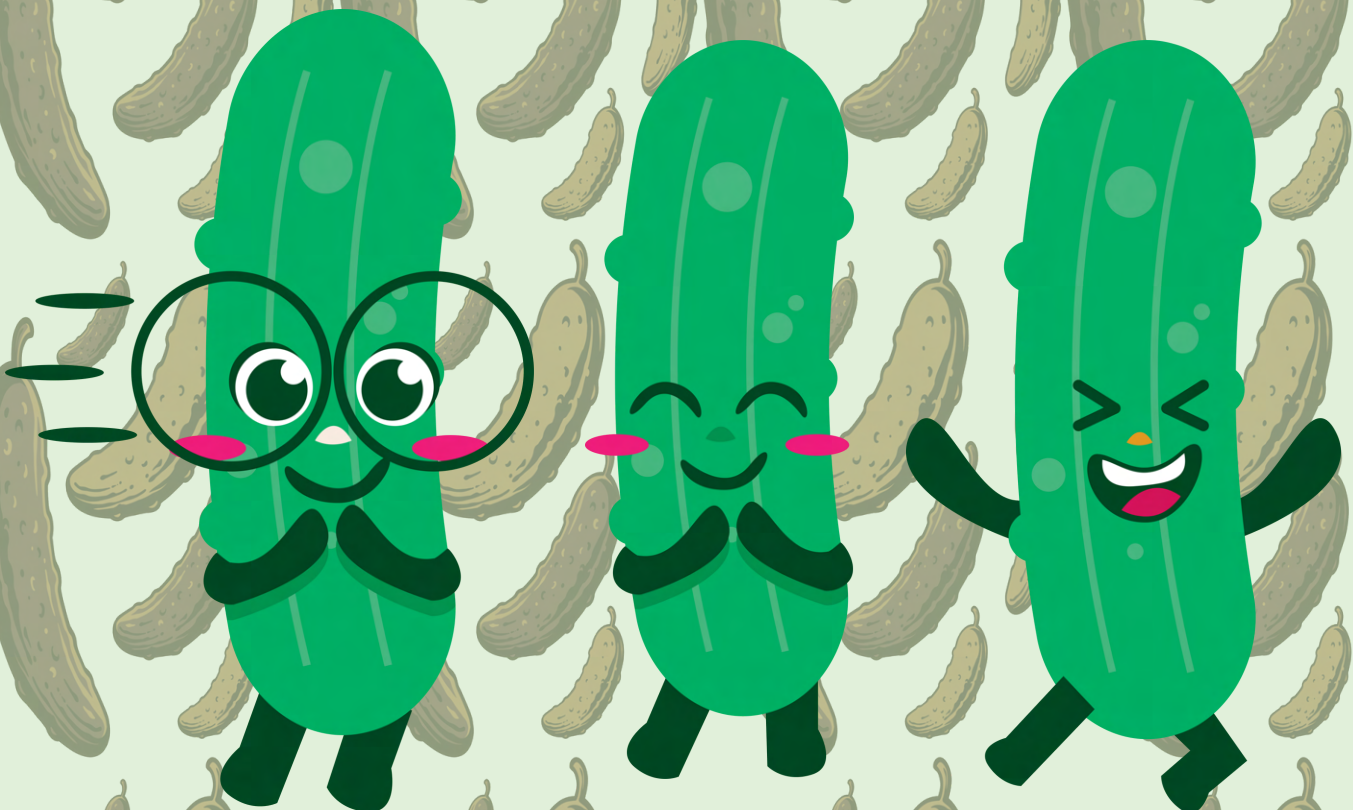
09 KOOL-AID PICKLES

A Kool-Aid pickle, also known as a “Koolickle,” is a unique and colorful American snack that combines the tangy, savory taste of traditional pickled cucumbers with the sweet, fruity flavor of Kool-Aid. This unconventional treat is especially popular in parts of the Southern United States.

The flavor depends on the Kool-Aid flavor and the soaking process doesn’t significantly alter the texture of the original pickles, so Kool-Aid pickles retain the crispness and crunchiness of traditional pickled cucumbers. One of the most striking features of Kool-Aid pickles is their color. Depending on the flavor of Kool-Aid used, these pickles can be bright red, purple, blue, or any other vivid color.

10 KIMCHI PICKLES

Kimchi is a traditional Korean side dish made from fermented vegetables, with napa cabbage and Korean radish being the most common base ingredients. It's known for its distinctive spicy and sour flavor. Kimchi shares many characteristics with pickled foods, including the fermentation process and the development of a tangy flavor profile. Kimchi pickles can be spicy, sour, and umami-rich, with a slight sweetness in some variations. The specific taste can vary depending on the exact mix of seasonings used and the fermentation length. The fermentation process softens the vegetables but they retain a satisfying crunch. The texture can vary from crunchy to slightly soft, depending on the fermentation time and the vegetables used.





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**WE HOPE YOU ALL ENJOY THIS PERSONAL
PICKLE GUIDE!! HAPPY CRUNCHING!!**

#TEAMCRUNCH



Erica & Morgan

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