

## Pickled Strawberries



I ran across a picture of these on Instagram when I was searching the hashtag, “strawberries” and I was shocked! Pickled Strawberries? Oh, the possibilities, I thought.

I started playing around with different recipes combinations and came up with this one, which I really like. I’m especially fond of the apple cider vinegar in place of the regular white vinegar that is typically used in pickled items, and of the lemon balm and peppercorn combination.

You can use the finished strawberries on salads, with meat dishes, and in fruit salads for a really exotic flavor. I’ve never tried it, but I imagine they’d also be great in a honey sweetened syrup as a filling for crepes or over vanilla ice cream.

### **Pickled Strawberries**

1 pound strawberries  
4 sprigs of lemon balm, chiffonaded  
15 peppercorns  
¾ cup apple cider vinegar  
½ cup water  
1 tablespoon honey  
1 tablespoon real salt

Clean and stem your strawberries. Keep them whole if they’re small (my preference because they’re more dramatic this way) or cut them in half if they’re large. Combine the rest of the ingredients in a bowl and set aside. Put all the strawberries in a glass jar and pour the vinegar mixture over the top. Place a tightly fitting lid on top and gently turn the jar over and back up again a few times to mix the ingredients and coat the strawberries. Keep stored in your refrigerator and use within the next couple weeks. If you know how to can, you could also can these according to your jar manufacturer’s instructions.

### *what’s healing about this recipe:*

Just eight large strawberries has more than 100% of the recommended daily allowance of vitamin C. Strawberries have even more vitamin C than oranges! Strawberries are also an excellent source of manganese which is important for skin health since it’s a required co-factor for an enzyme called prolidase which is necessary for making collagen. Collagen production reduces as we age and getting adequate amounts in our food can be helpful.

You might not believe it, but strawberries are also high in fiber. I teach the nutrition classes at a midwifery school and the students are always surprised to find out that strawberries make the list of good things for pregnant women to eat to help digestion along.

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The support ingredients in this recipe are all full of healing nutrients, as well. Black pepper is excellent for aiding digestion, since it stimulates the body to make hydrochloric acid, and it is also very helpful in preventing gas and bloating. Like strawberries, black pepper is also high in manganese! Lemon balm is great for digestion, as well, and is known to be a calming herb that women have used for centuries to reduce the pain of menstrual cramps and regulate the hormonal changes of menopause. Lastly, apple cider vinegar is superb at balancing the pH of one's body, helping to create a more alkaline environment, which is helpful for those of us who have acidic pH.

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