



Hands-on workshops to help you bring the best of food science to your kitchen!

August 19—How to safely freeze vegetables

September 16—Canning salsa with fresh tomatoes

6-9pm at the Cortland Grange off Clinton Ave.

The commercial kitchen at the Grange will allow for a hands-on demonstration of freezing broccoli and corn and canning tomato salsa.

An overview of food science will help you feel comfortable about the safety of the food you preserve and the demo will show you exactly how it's done. Other food preservation tips will also be offered.

\$5 registration fee per class. Sign up for one or both by calling Seven Valleys Health Coalition at 756-4198. Class size is limited, sign up soon!

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