

Make and Take 2019 Food Preservation Class Series

Fermenting for Fun and Health: Monday, June 3, 6:00-8:00 pm

Learn how easy and fun it is to ferment foods at home, including sauerkraut, kim chi, and kombucha. The probiotic bacteria in fermented foods will be discussed. Participants will make and take home a quart jar of vegetables to ferment at home.

Pressure Canning Vegetables, Meats & Soups: Thursday, July 18, 5:30-8:30

Learn the procedures for safely canning low-acid foods, such as vegetables, meats, and soups in a pressure canner. In this hands-on workshop we'll can green beans, and learn about the different types of pressure canners. Participants will make and take home a jar of canned green beans.

Fermenting & Quick Pickling: Thursday, August 1, 5:30-8:30

Learn about different pickling processes including quick and brined pickles and techniques for making a crisp pickle. We'll also discuss lacto-fermentation. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. Participants will make and take home a jar of pickled vegetable.

Canning Salsa & Tomatoes: Wednesday, September 4, 5:30-8:30

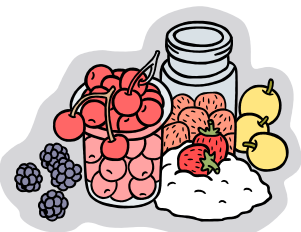
Learn how to can whole and diced tomatoes, plus make salsa. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. Participants will make and take a jar of salsa home.

Making Jerky & Canning Meat: Thursday, October 10, 5:30-8:30 pm

Learn how to safely make your own jerky in an oven or food dehydrator. Canned meat is tender and makes a quick meal. Learn the steps to safe pressure canning, a process that can be used for preserving vegetables and soups too. Participants will take home a sample of jerky.

Making Jam for Gifts: Saturday, November 23, 9:30 am-12:00 noon

Jam makes a great gift from the heart and is easy as pie. We'll make both freezer jam (a no cook recipe for kids), and cooked jam, then decorate a jar to take home for gift giving. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed.



Each class costs \$15.00 Class size limited to 21.
Pre-registration required by mailing in registration form.
Cornell Cooperative Extension, 50 West High Street, Ballston Spa
For more information call 518-885-8995
Instructor: Diane Whitten, dwhitten@cornell.edu

Make & Take

2019 Food Preservation Class Registration Form

Please register me for the following checked courses:

- ☐ **Fermenting for Fun & Health:** Monday, June 3, 5:30-8:30
- ☐ **Pressure Canning Vegetables, Meats & Soups:**
Thurs., July 18, 5:30-8:30
- ☐ **Fermentation and Quick Pickling:**
Thursday, August 1, 5:30-8:30
- ☐ **Canning Salsa & Tomatoes:** Thursday, September 6, 5:30-8:30
- ☐ **Making Jerky & Canning Meat:** Tuesday, October 9, 5:30-8:30
- ☐ **Making Jam for Gifts:** Saturday, November 23, 9:30-12:00

\$15 per class X _____ classes = \$ _____
(payment must be received 3 business days before class)

Name: _____

Address: _____

Phone: _____

Email: _____

Make check payable to "CCE Saratoga", mail to Cornell Cooperative Extension, 50 West High Street, Ballston Spa, NY 12020, or call 518-885-895 to register by phone with credit card.

Payment must be received 3 business days before the class. A space in the class will not be held until after payment is received.

For more information call Diane Whitten at 885-8995.

Class size limited to 21. Register early to reserve your spot.