



PRESERVE THE TASTE OF SUMMER

is a comprehensive food preservation program that includes eight lessons. It is a great opportunity for anyone age 18 years or older who is interested in learning how to safely preserve foods.

<http://preservesummer.cahnrs.wsu.edu>



PRESERVE THE TASTE OF SUMMER

Washington State University Extension is announcing a new food preservation program called *PRESERVE THE TASTE OF SUMMER*. It is a series of eight online lessons for the in-home consumer who wants to learn about food preservation and food safety. It is designed for beginning canners and also veteran canners who want to update their knowledge and skills. The lessons provide the most current USDA approved food preservation recommendations. Some counties may offer local workshops or hands-on lessons for those people who complete the online lessons. To learn more about this program contact:

WSU Extension Grays Harbor County
360.482.2934
sue.sparkman@wsu.edu

WSU Extension Lewis County
360.740.1212
kimberly.weiland@lewiscountywa.gov

ONLINE LESSONS

The online lessons can be viewed at your convenience. They do not need to be viewed all at the same time. To participate in the lessons, you will need a computer made in the past five years and have a stable internet connection. Your local WSU Extension office may also offer opportunities to view these lessons in a group setting.

ONLINE LESSON SERIES:

- Lesson 1:** Intro to Food Preservation
- Lesson 2:** Canning Basics
- Lesson 3:** Canning Acid Foods
- Lesson 4:** Canning Low Acid Foods
- Lesson 5:** Pickled & Fermented Foods
- Lesson 6:** Making & Preserving Fruit Spreads
- Lesson 7:** Frozen & Refrigerated Foods
- Lesson 8:** Drying Foods



LESSON SERIES COST: \$25

To register for the online series, visit <http://preservesummer.cahnrs.wsu.edu>

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.