

Preserve It!

Prepare to be ready when the produce is!

Cost for each class session is \$12/student.

Wednesday, May 17: Jelly and Jam

Traditionally, newcomers to food preservation start by making jams and jellies. Full sugar, low sugar, no sugar, honey, and artificial sweeteners will be discussed.

Wednesday, June 14: Canning and Freezing Fruit

Fruits have always been a staple of home preserving. Canning and freezing fruit and preserving pie filling will be covered.

Wednesday, June 28: Beyond Jam

Flavors burst and blend together: fruit, nuts, and other additions add dimension. Conserves, marmalade, and compotes using fruit will be featured.

Wednesday, July 12: Pressure Canning Basics

Learn the safe and simple process of pressure canning veggies and meats.

Wednesday, July 26: Dehydrating & Jerky Making

The list of summer's harvest that can be dried includes fruits, vegetables, fruit & vegetable leathers, jerky, and herbs. Come and learn how to dehydrate your produce and safely make jerky.

Saturday, Aug 12: In a Pickle

Take a break from standard fare! Pickles, relishes and chutneys are a welcome addition to any table. Learn the safe procedures for pickling vegetables, as well as ingredient selection and prep.

Saturday, Aug 19: Tomato-Sauce, Salsa, Sensational!

Discuss options for preserving plain tomatoes, tomato sauce, spaghetti sauce and tomato juice. The feature will be salsa!

Saturday, Aug 26: Making Sauerkraut

Fermentation—transforming food without the addition of chemicals, additives or even vinegar. We will feature sauerkraut which has been made over the ages and requires just cabbage and salt.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Spokane County Extension at 222 N Havana Spokane WA 99202; (509) 477-2160 at least two weeks prior to the beginning this educational series.

Name _____

Address _____ City _____ State _____ Zip _____

email _____ Daytime phone _____

Please mark which session(s) you are registering for -

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Please make check or money order payable to:

WSU Extension

send to:

Food Preservation Series

222 N. Havana St

Spokane WA 99202-4799