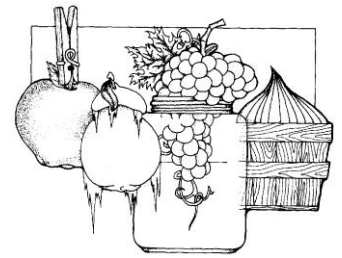


Preserving the Harvest

Home Food Preservation Workshops



Colorful peppers, tasty tomatoes, juicy peaches and other fresh produce... are all so easy to preserve.

Make plans to attend this workshop series to learn the latest and safest ways to preserve foods.

Sign up for just one session, two, three, four or all five!

Each session will include: Detailed research-based information and recipes for you to take home, demonstrations of the preservation methods, hands on experience opportunities and time for answering your food preservation questions.

All sessions held will be held on Wednesdays
6:00 p.m. – 8:00 p.m.

SESSION 1: June 12

Freezing & Dehydrating Produce

SESSION 2: June 19

Making Jams, Jellies & other Sweet Spreads
(using water bath canning and freezing methods)

SESSION 3: June 26

Pressure Canning Vegetables & Soups

SESSION 4: July 10

Water Bath Canning Pickled Produce

SESSION 5: July 17

Water Bath Canning Salsas and Fruits

Where: University of Missouri Extension Center

1012 N. Hwy UU, Columbia, MO

For directions to the extension center go to:

extension.missouri.edu/boone or call 573-445-9792

Cost: \$15 per session or \$60 for all five sessions

Registration deadline: June 6

Class size is limited. Register early!

For more information, contact the instructor:

Vera Massey, Nutrition & Health Specialist

masseyv@missouri.edu or 573-445-9792



Equal opportunity/ADA institution



Preserving the Harvest Workshop Registration Form

Mail this form and registration fee to: University of Missouri Extension Center, 1012 N. Hwy UU, Columbia, MO 65203

Name: _____

Phone (day): _____

Address: _____

E-mail: _____

Check the session(s) you will attend: June 12 June 19 June 26 July 10 July 17

Include registration fee of \$15 per session or \$60 for all 5 sessions *Make check payable to: University Extension Council*

Please check if you need special accommodations because of a disability.