



Quality for Keeps: Food Preservation

Hands-on Workshops on: Harvesting and Storing,
Pressure Canning, Canning Salsa and Fruit, Pickling, Jams and Jellies,
Freezing & Drying

For additional information about these food preservation sessions contact:

Glenda Kinder – kinderg@missouri.edu (816-407-3490)
Karen Elliott – elliottk@missouri.edu (816-482-5850)
Susan Mills-Gray – mills-grays@missouri.edu (816-380-8460)

(There is a discount for attending all 5 sessions.)

Powell Gardens
1609 NW Hwy 50
Kingsville, MO

SESSION 1: June 2 – 1-3:30 p.m. \$15

Topic: Pressure Canning Green Beans

SESSION 2: June 9 – 1-3:00 p.m. \$15

Topic: Making Fantastic Jams & Jellies

SESSION 3: August 2 – 1-3:00 p.m. \$15

Topic: Salsa From Your Garden

To register Call 816-697-2600 Ext. 308
or <http://shop.powellgardens.org>

Raytown Christian Church
6108 Blue Ridge Blvd.
Raytown, MO

SESSION 1: June 13 - 6-8 p.m. \$15

Topic: Pressure Canning Green Beans

SESSION 2: June 27 - 6-8 p.m. \$15

Topic: Salsa From Your Garden

SESSION 3: July 11 - 6-8 p.m. \$15

Topic: How to Pickle

SESSION 4: July 25 - 6-8 p.m. \$15

Topic: Making Fantastic Jams & Jellies

SESSION 5: August 8 - 6-8 p.m. \$15

Topic: Freezing & Dehydrating Produce

Call 816-482-5850 to register

[Print online registration form](#)

Seasonal & Simple Workshops

Eating more fruits and vegetables is an excellent way to improve your family's health. And the great variety of colors, flavors and textures of vegetables and fruits makes eating them a sensual pleasure.



Enjoy cooking demonstrations and tasting of select recipes from the 'Seasonal and Simple' cookbook.

DATE: May 23, 2011
TIME: 6 – 8 p.m.
Location: Raytown Christian Church
6108 Blue Ridge Blvd.
Raytown, MO
Pre-registration: 816-482-5850 / \$10

DATE: May 26, 2011
TIME: 6 – 8 p.m.
Location: St. Paul's UM Church
3601 S. Sterling Avenue
Independence, MO
Pre-registration: 816-482-5850 / \$10

DATE: June 21, 2011
TIME: 6 – 7:30 p.m.
Location: Liberty HyVee Club Room
109 N. Blue Jay Drive
Liberty, MO
Pre-registration: HyVee at 816-792-3210 / \$10

Additional Series to be Scheduled in:
Belton/Raymore Area
Call 816-380-8460 for information



Quality for Keeps: Food Preservation

Hands-on Workshops on: Harvesting and Storing,
Pressure Canning, Canning Salsa and Fruit, Pickling, Jams and Jellies,
Freezing & Drying

(There is a discount for attending all 5 sessions.)

St. Paul's United Methodist Church
3601 S. Sterling Ave
Independence, MO

SESSION 1: June 16 - 6-8 p.m. \$15

Topic: Pressure Canning Green Beans

SESSION 2: June 30 - 6-8 p.m. \$15

Topic: Salsa From Your Garden

SESSION 3: July 14 - 6-8 p.m. \$15

Topic: How to Pickle

SESSION 4: July 28 - 6-8 p.m. \$15

Topic: Making Fantastic Jams & Jellies

SESSION 5: August 11 - 6-8 p.m. \$15

Topic: Freezing & Dehydrating Produce

Call 816-482-5850 to register

[Print online registration form](#)

Community of Christ Church
7615 NW Platte Purchase Drive
Kansas City, MO

SESSION 1: July 14 - 6-8 p.m. \$15

Topic: Pressure Canning Green Beans

SESSION 2: July 21 - 6-8 p.m. \$15

Topic: Salsa From Your Garden

SESSION 3: July 28 - 6-8 p.m. \$15

Topic: How to Pickle

Call 816-407-3490 to register

(discount for attending all 3 sessions)

[Print online registration form](#)

Pleasant Valley Baptist Church
1600 N 291 Highway
Liberty, MO

SESSION 1: July 12 - 6-8 p.m. \$15

Topic: Pressure Canning Green Beans

SESSION 2: July 19 - 6-8 p.m. \$15

Topic: Salsa From Your Garden

SESSION 3: July 26 - 6-8 p.m. \$15

Topic: How to Pickle

SESSION 4: August 2 - 6-8 p.m. \$15

Topic: Making Fantastic Jams & Jellies

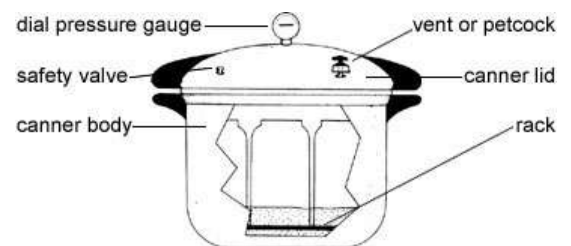
SESSION 5: August 9 - 6-8 p.m. \$15

Topic: Freezing & Dehydrating Produce

Call 816-407-3490 to register

[Print online registration form](#)

How's Your Pressure?



New or used dial gauge canners should be tested to ensure the safety of the food being processed. These gauges should be tested annually or more often if used frequently, and if out of calibration, replaced.

An inaccurate gauge may prevent reaching the correct temperature for safe canning. If this happens, botulinum bacteria can grow and produce a deadly toxin. Just because a jar seals does not guarantee that it is safe; only an accurate pressure gauge can do that.

Your local Extension office may do this testing – call one of the specialists listed at the beginning of this document. A small fee may apply.