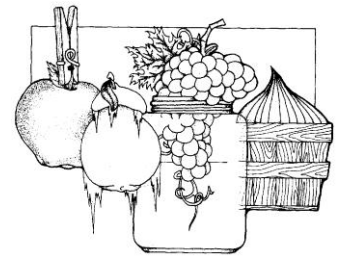


# Preserving the Harvest

## Workshops for Home Food Preservers



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

Why not preserve some of this year's harvest to enjoy all through the year?

Why not make those special homemade gifts like jams, pickles or salsa that mean so much to friends?

A workshop series on home food preservation is being offered to teach you the latest and safest ways to freeze, dry and can foods. Sign up for just one session, two, or all three!

### **SESSION 1: June 27, Wednesday**

**Freezing and Drying:** Fruits and Vegetables

### **SESSION 2: July 11, Wednesday**

**Pressure Canning:** Vegetables, Tomatoes,  
Soups and Meats

### **SESSION 3: July 25, Wednesday**

**Water Bath Canning:** Fruits, Tomatoes,  
Salsas, Pickles and Jams/Jellies

**Time:** 6:00 p.m. to 8:30 p.m.

#### **Each session will include:**

*Detailed research-based information and recipes for each food preservation method, demonstrations, and time for answering your food preservation questions.*

### **Where: University of Missouri Extension Center**

1012 N. Hwy UU, Columbia, MO

For directions to the extension center go to

[extension.missouri.edu/boone](http://extension.missouri.edu/boone) or call 573-445-9792.

**Cost:** \$15/session

**Registration deadline:** June 20

***Class size is limited and sessions fill quickly,  
so register early!***

#### **Workshop Instructor:**

Vera Massey, Nutrition & Health Education Specialist

#### **For more information contact:**

University of Missouri Extension Center @ 573-445-9792



### **Preserving the Harvest Workshop Registration Form**

Complete registration form and mail with your registration fee by June 20 registration deadline to:

University of Missouri Extension Center, 1012 N. Hwy UU, Columbia, MO 65203

Name: \_\_\_\_\_ Phone (day): \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

Check session(s) you will attend:  June 27  July 11  July 25

Include \$15 registration fee/session

**Make check payable to: University Extension Council**

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