Preserving the Harvest
Home Food Preservation Workshops

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? Home preserved foods like jams, pickles or salsa also make great gifts for family and friends.

Make plans to attend this workshop series to learn the latest and safest ways to preserve foods. Sign up for just one session, two or all three!

**SESSION 1:** June 11, Wednesday
Freezing and Drying: Fruits and Vegetables

**SESSION 2:** June 18, Wednesday
Water Bath Canning: Fruits, Tomatoes, Salsas, Pickles and Jams/Jellies

**SESSION 3:** June 25, Wednesday
Pressure Canning: Vegetables, Tomatoes, Soups and Meats

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

Each session will include:
Detailed research-based information and recipes for you to take home, demonstrations of the preservation methods, 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 per session

**Registration deadline:** June 2
Class size is limited. Register early!

For more information, contact the instructor:
Vera Massey, Nutrition & Health Education Specialist
[masseyv@missouri.edu](mailto:masseyv@missouri.edu) or 573-445-9792

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**Preserving the Harvest Workshop Registration Form**

Mail this form and registration fee before June 2 registration deadline 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 11   □ June 18   □ June 25

Include registration fee of $15 per session. Make check payable to: University Extension Council.

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