Get Back to Basics: Food Preservation Classes Held in Bethany and NW Region

by Janet Hackert, Regional Nutrition and Health Education Specialist

Once again this year home food preservation classes will be offered across the region for those wanting to learn a new skill or brush up on one they have used in the past. Researchers continue to learn more about how to maximize the safety of home preserved foods and local home food preservers can too.

Food preservation classes to help consumers learn how to avoid possible food-borne illness and preserve their harvest safely will be offered in Bethany in May, Maysville in June, and King City and Oregon in July.

The classes will provide step by step instructions on how to preserve food using the most current researched recipes and procedures. The classes will also include hands-on learning so participants will gain actual experience preserving food themselves. Each participant will receive a current set of guides so they can follow along on their own at home after the class.

In the first class, participants will safely pressure can green beans and learn the basics of home canning. In the next session participants will learn to preserve salsa in a boiling water canner. And lastly, participants will discover effective ways to freeze and dehydrate produce. If you have never preserved fresh produce before, or if it has been a while, these workshops are for you.

Come learn why canning safely is more than just sealing food in a jar. Find out why some foods have to be pressure canned and others can be preserved in a boiling water canner and how flexible a preservation method freezing can be. Discover ways to dehydrate foods using principles of food preservation that date back a long way but with methods that are proven safe for today’s small world.

The first set of classes will be held in Bethany at Immanuel Baptist Church, east of town on highway 136. The classes will be from 6-8:30 p.m. on May 14, 21 and 28, 2015. Registration by Monday May 11 is requested for the first class. The fee for each hands-on class is $15 per person per class. Class size is limited so register early. Sign up for one or for all three classes!

For more information on this home food preservation series or a future one, or to register for a class, please contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu, or your local University of Missouri Extension office. You can also see upcoming food preservation events at http://extension.missouri.edu/harrison/

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