Introduction to Food Preservation is a new class being offered in Union County this year. This 2-hour program is designed as a general information session and it will be presented three times this summer:

- Friday, May 21, 2010 from 10 am to noon
- Wednesday, June 9, 2010 from 2:00 – 4:00 pm
- Tuesday, June 29, 2010 from 6:00 – 8:00 pm

Introduction to Food Preservation will provide an overview of the principles of home canning, freezing and dehydrating. Participants will learn about the safety aspects involved with each process and the key considerations when selecting equipment. The instructor will also have canning, freezing and dehydrating equipment on display. Following the presentation, the instructor will have a question and answer session. There will be lots of door prizes, too!

If you know little about food preservation but think you might like to get more involved, then attending this program is a great way to get started. If you are already familiar with home canning, freezing and dehydrating but just want a refresher…you will find the program informative, too.

WATER BATH CANNING:
TOMATOES, SALSA AND SUCH
COST: $15.00

Water Bath Canning: Tomatoes, Salsa and Such is a new workshop being offered in Union County this year. The 3-hour hands-on workshop will address water bath canning with a specific emphasis on the proper way to home can tomatoes, salsa, tomato juice, and other tomato products in a water bath canner. Two sessions are planned:

- Thursday, July 1, 2010 from 10 am – 1:00 pm
- Tuesday, August 10, 2010 from 10 am – 1:00 pm

The workshop will begin with a basic discussion of home canning and the safety considerations involved with this method of food preservation. We will talk about the kinds of equipment needed for water bath canning and how to operate a water bath canner properly. Participants will have the chance to practice hands-on techniques when they get into the Extension demo-kitchen to can tomatoes and prepare salsa. Participants will receive guidelines for acidifying all varieties of tomatoes safely and will go home with lots of canning recipes for tasty tomato treats!

The Basics of Home Canning is a 5 ½ hour hands-on training that teaches the following:
- Canning Safety
- Types of Equipment
- Proper Canning Methods
- Boiling Water Bath Canning
- Pressure Canning
- And more!

The workshop begins with an in depth discussion of food preservation and home canning safety. Next, participants will move into the kitchen and do hands-on home canning using both a water bath canner and a pressure canner. Participants will prepare a simple jam or jelly and will also learn how to can vegetables. In doing so they will be learning how to operate the two main types of canners and they will be gaining the confidence and skills necessary to home can hundreds of products from then on.

The workshop is designed for beginners with little or no previous canning experience. However if you are an experienced canner, or a little rusty on technique, the workshop is for you, too, as it will provide an update on current USDA recommendations and help you brush up on your canning skills – both water bath canning and pressure canning.

Dates for The Basics of Home Canning Workshops: All sessions are the same so you need only sign up for one. Times: 9:30 am – 3:00 pm

- Friday, May 28, 2010
- Friday, June 11, 2010
- Friday, June 18, 2010
- Friday, July 9, 2010
- Saturday, July 31, 2010

Couples Canning by Candlelight
(The Basics of Home Canning workshop…with a twist!)
COST: $40.00 per couple

Friday, July 16, 2010
Time: 5:30 pm – 11:00 pm

This workshop is the same as The Basics of Home Canning workshop…but with a unique twist! Couples will learn how to home can together.
First, everyone will enjoy a boxed supper (by candlelight, of course). Following supper is an in-depth discussion of food preservation and home canning safety and actual hands on canning. (See full workshop description above.)
What a great way to spend a Friday evening…canning together!
# REGISTRATION FORM

(Detach and Mail)

## Introduction to Food Preservation
**COST: $5.00**
- Friday, May 21, 2010 from 10am to noon
- Wednesday, June 9, 2010 from 2:00 – 4:00 pm
- Tuesday, June 29, 2010 from 6:00 – 8:00 pm

## The Basics of Home Canning
**COST: $20.00 each (*$40.00 per couple)**
*(Times: 9:30 am – 3:00 pm. Bring a bag lunch.)*
- Friday, May 28, 2010
- Friday, June 18, 2010
- Friday, July 16, 2010*
  *(Couples Canning by Candlelight: 5:30-11:00 pm)*
- Friday, July 23, 2010
- Friday, July 30, 2010
- Friday, August 6, 2010
- Friday, August 20, 2010
- Friday, September 3, 2010
- Friday, September 10, 2010

## Water Bath Canning: Tomatoes, Salsa and Such
**COST: $15.00**
- Thursday, July 1, 2010 from 10 am – 1:00 pm
- Tuesday, August 10, 2010 from 10 am – 1:00 pm

### HOW TO REGISTER

1. Call Sally McNeill at 704/283-3732 to see if there is space in the class session you want and receive a confirmation number.
2. Make check payable to NC Cooperative Extension.
3. Detach completed form and mail with payment to:
   
   NC Cooperative Extension
   Attn: Sally McNeill
   3230-D Presson Road
   Monroe, NC 28112

### Sally McNeill, RD, LDN
and Extension Family & Consumer Educator, offers food safety and nutrition classes, workshops and certification programs through the North Carolina Cooperative Extension in Union County.

NC Cooperative Extension – Union County
Agricultural Center
3230-D Presson Road
Monroe, NC 28112
Tel: (704) 283-3732
Fax: (704) 283-3734
Sally_mcneill@ncsu.edu
http://union.ces.ncsu.edu

### CANNING CLASS REMINDER

I signed up for the following canning classes:

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### LOCATION:

NC Cooperative Extension
Union County Agricultural Center
3230-D Presson Road
Monroe, NC 28112