GROW IT, EAT IT, PRESERVE IT!

Summer is almost here and with it plenty of telephone calls related to canning. In the best case scenario the caller is asking the question in anticipation of the event and not when the product’s on the stove. Most have first hand experience with canning, obtained from helping their mothers and grandmothers in this fine art of food preservation. Some are novices and would benefit from a hands on workshop and watching videos at the National Center for Home Food Preservation, http://nchfp.uga.edu/multimedia_videos.html

Our neighboring University of Maryland Extension office, in Washington County, is offering a series of Grow It Eat It Preserve It workshops at the Washington County Agricultural Education Center, University of Maryland Extension, 7303 Sharpsburg Pike, Boonsboro, Maryland 21713. Cost is $35 for the first workshop, $20 for each additional workshop. All classes are limited to 12 participants. No refunds are given after the registration deadline.

Preserving the Perfect Pickle – June 20, 2013 - 9:00am to 2:00pm
In this session, we will be discussing the types of pickled products that can be preserved at home, the pickling process, the ingredients used in pickling, and the equipment used. You will spend time in the kitchen preparing and water bath canning a pickled food.
Registration Deadline: June 17, 2013

Pressure Canning - Wednesday, July 10, 2013 - 9:00am to 2:00pm
In this session, we will be discussing what foods are considered low acid, how pressure canning works, the types of pressure canners and how to process foods using a pressure canner. Bring your pressure canner dial gauge and we will test it for accuracy during this session. You will spend time in the kitchen preparing and pressure canning local green beans.
Registration Deadline: July 3, 2013

Tomatoes - Thursday, August 22, 2013 - 9:00am to 2:00pm
Tomatoes, especially salsa, are one of the most popular and most frequent canned foods. In this session, we will be discussing the types of tomato products that can be preserved at home, the ingredients needed, the necessary equipment and supplies, and the basic steps of water bath canning. You will spend time in the kitchen preparing and canning local tomatoes.
Registration Deadline: August 9, 2013
You can register by contacting Amy Simmons, 301-791-1304, Email: simmons@umd.edu. For informational brochure: http://extension.umd.edu/sites/default/files/_docs/events/2013%20Canning%20Brochure_2.pdf

When canning always use a certified tested recipes. This will ensure product consistency and most important a safe product for eating. Two recipe resources I rely on are:
* So Easy to Preserve, Cooperative Extension, the University of Georgia, 2006.

For answers to questions on canning contact our office at 301-600-1594 or eXtension Ask an Expert at http://extension.umd.edu/ask/

For more information about the University of Maryland Extension Frederick County Office check out our website http://extension.umd.edu/frederick-county. University of Maryland Extension programs are open to all persons and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

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