

## Cornell Cooperative Extension of Saratoga County

\*All classes are held at the **Cornell Cooperative Extension Office**, 50 West High Street, Ballston Spa

\* Pre-registration is required at least 2 (two) days before the class is held – call 885-8995 or email [dsh23@cornell.edu](mailto:dsh23@cornell.edu)

### CLASSES AVAILABLE

#### **So Easy to Preserve: An Introduction to Food Preservation**

**Thursday July 15<sup>th</sup> 6:30-8:30 pm or Saturday July 17<sup>th</sup> 9:30-11:30 am**

This class will cover the most common food preservation methods including equipment needed. Participants will learn how to freeze fruits and vegetables, how to can foods in a boiling water bath and a pressure canner, and when to use each. Food drying will also be explored including how to dry fruits, vegetables and meats. **Cost: \$10**

#### **The Power of a Colorful Plate**

**Tuesday July 13<sup>th</sup> 6:30-8:00 pm**

Learn what it is about fruits and vegetables that make them so good for you. You will prepare some recipes to expand your horizons and increase the variety in your diet. **Cost: \$5**

#### **Let's Preserve Tomatoes and Peppers**

**Saturday August 21<sup>st</sup> 9:30-12:00 or Tuesday August 24<sup>th</sup> 6:30-9:00 pm**

This class covers how to can or freeze whole tomatoes or sauce. We'll also make salsa and marinated peppers and can them in a boiling water bath canner. Each participant will take home a jar of salsa or marinated peppers. **Cost: \$15**

#### **Let's Preserve Root Vegetables and Winter Squash**

**Tuesday September 14<sup>th</sup> 6:30-9:00**

Participants will learn the procedures for safely canning low-acid vegetables in a pressure canner. They will receive updated information about the different types of pressure canners that can be used. We'll also explore freezing whole and pureed vegetables. Participants will take home preserved product. **Cost: \$15**