

**Tuesday, June 13 1-3 OR 6-8 PM  
\$5 at the door**

**Food Preservation Introduction/Safety:**

Get an overview of the different techniques to preserve food safely, familiarize yourself with the equipment and learn the science behind safe food preservation techniques and approved recipes. This is a very beginner class.

**Tuesday, June 27 1-3 OR 6-8PM \$15**

**Jams & Jellies:**

Learn to safely prepare jams and jellies from various fruits. All materials and ingredients provided. Hands on class. Wear closed toe shoes and bring an apron if you like.

**Tuesday, August 22 1-3 OR 6-8PM \$15**

**Salsa and Tomatoes:**

Learn to safely prepare and can salsa and tomatoes in a boiling water canner. All materials and ingredients will be provided. Hands on class. Wear closed toe shoes and bring an apron if you like.

**Tuesday, September 12 1-3 OR 6-8PM  
\$15**

**Pressure Can Vegetables:**

Learn to safely pressure can vegetables in a pressure canner. All materials and ingredients will be provided. Hands on class. Wear closed

**Thursday, September 26 1-3 OR 6-8 PM  
\$15**

**Pickled Vegetable**

Learn to safely pickle vegetable and process in a boiling water canner. All materials and ingredients will be provided. Hands on class.

**Tuesday, October 3 1-3 OR 6-8 PM \$10**

**Freezing and Dehydrating:**

Learn to safely prepare and freeze or dehydrate fruits, vegetables and herbs. This class is primarily demonstration with some opportunities to taste dehydrated foods.

**Tuesday, October 24 1-4 OR 6-9PM \$20**

**Pressure Can Meats:**

Learn to safely pressure can meats in a pressure canner. All materials and ingredients will be provided. Hands on class. Wear closed toe shoes and bring an apron if you like.

**Tuesday, November 7 5-8 PM \$10**

**Long-Term Food Storage:**

Are you curious about Long Term Food storage? Putting food aside in times of plenty has a rich human history, and makes great sense contemporarily in terms of frugal home economics, preparedness, and charity. This class will briefly cover "medium term" or "seasonal" methods meant to keep food stored from one harvest to the next such as root cellars and lactofermentation, before concentrating more deeply on long-term "stockpiled" dry and canned goods. These methods will help participants take advantage of bulk purchasing opportunities. Topics include the enemies of food storage, storage vessels, methods to increase storage life, quick start methods, calculating needs, and how to label and organize stored foods.

**Tuesday, November 14 6-8 PM \$15**

**Holiday Gifts: Garden to Pantry:**

Learn how to make your own holiday gifts. Everyone loves homemade preserves! Learn to use easily accessible items from the grocery store like fruit juice or frozen fruit to make delicious gifts. This is a hands on class. Wear closed toe shoes and bring an apron if you like.

**2017 Food Preservation  
Registration Form**

**CALL 334-5841 x 11 or 20 TO  
CONFIRM SPACE IS AVAILABLE  
BEFORE SENDING PAYMENT**

***There is limited spaces available  
for each class so sign up early!  
Registration will be closed a week  
prior to each class!***

**Please check class AND TIME for each class:**

- Food Preservation Safety, June 13 **1 PM** \$5
- Food Preservation Safety, June 13, **6** \$5
- Jams & Jellies, June 27, **1 PM** \$15
- Jams & Jellies, June 27, **6 PM** \$15
- Salsa & Tomatoes, Aug 22, **1 PM** \$10
- Salsa & Tomatoes Aug 22, **6 PM** \$10
- Pickled Vegetables, Sep 12, **1PM**, \$15
- Pickled Vegetables, Sep 12 **6PM**, \$15
- Pressure Can Vegetables Sept 26, **1PM**, \$20
- Pressure Can Vegetables Sept 26, **6PM**, \$20
- Freezing & Dehydrating, Oct 3, **1PM**, \$20
- Freezing & Dehydrating Oct 3, **6PM**, \$20
- Pressure Can Meats, Oct 24 **1PM**, \$25
- Pressure Can Meats, Oct 24, **6PM**, \$25
- Long Term Food Storage, Nov 7, **5 PM**, \$10
- Holiday Gifts Garden Pantry, Nov 14, **6PM**, \$20

**Name and Contact Info on Back Please**

Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

**\*\*It is very important that we have a way to contact you in case of cancelation or postponement of any class.**

Total # of Classes: \_\_\_\_\_

Total Fees Enclosed: \$ \_\_\_\_\_

Check # \_\_\_\_\_

Make Check Payable to  
CCE Chenango  
99 North Broad St.  
Norwich, NY 13815

All Classes in this brochure are taught by  
Cornell Cooperative Extension  
Certified Master Food Preserver Volunteers

For more information contact:  
**Alexis Woodcock**  
Grow, Cook, Eat Coordinator  
607-334-5841 ext 20  
asw239@cornell.edu

## Become a Certified Master Food Preserver Volunteer!

Cornell Cooperative Extension of Chenango County is offering a 3-day training for those who would like to go beyond the basics of home food preservation -- either for your own use or to help others learn how to safely preserve food. This course is the first step toward becoming a Cornell Cooperative Extension Master Food Preserver. The class size is limited to 15 participants.

Using the safest, most updated information, participants will:

- learn the science of food preservation including food safety
- gain hands-on experience with: boiling water bath canning, pressure canning jelled products, and quick pickling
- observe demonstrations of freezing and drying, plus fermentation

**When:** June 20, 21, 22

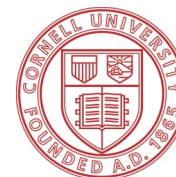
8:30am - 4:30pm (all 3 days)

**Where:** Cooperative Extension Building

99 North Broad Street  
Norwich, NY 13815

# 2017

## Food Preservation Classes



**Cornell University**  
Cooperative Extension  
Chenango County

**99 North Broad Street  
Norwich, NY 13815**

