



Wildcat District

FOR IMMEDIATE RELEASE

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Food Preservation

Independence, KS - Home preservation of foods has been a foundation of Extension Education. Early history reveals that Extension Agents have been helping local housewives preserve food using recommended practices since the beginning of Extension work. You can enjoy a variety of food, either from your garden or locally grown, all through the year when you preserve foods at home. You might save money on food also.

Wildcat Extension District will be offering Food Preservation hands-on classes this summer. A lot of people have planted gardens and if you are wanting to learn how to preserve - this is a class for you. Or if you want a refresher to be sure you are using the latest recommended techniques while you preserve your food, please plan on attending Jams and Jellies or Pressure Canning and Dehydrating.

K-State Research and Extension Wildcat District will pair up with the ICC Fab Food Lab as host in offering two workshop sessions on Food Preservation. Sweet Preserves (Jams and Jellies) June 17, and Pressure Canning and Drying June 24, 2021. The workshops are for adults and youth 14 and up and will run from 9:00 a.m.-Noon. Each participant will learn the most up to date information on safely preserving food at home. Information will focus on the water bath method of preserving sweat spreads and pressure canning and drying. Participants will make a sweet spread and can carrots to take home and enjoy. Please **pre-register by June 14th** in the Independence Wildcat Extension District Office at 401 Peter Pan.

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