

FOR IMMEDIATE RELEASE

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Preserving Your Garden Bounty

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 Family and Consumer Science Agent, Holly Miner will be offering Food Preservation workshops this summer. “A lot of people have planted gardens and if you are wanting to learn how to preserve there is a workshop for you. Or if you want a refresher, to make sure you are using the latest recommended techniques while you preserve your food, please plan on attending.” says Miner.

The workshops will be two-day evening sessions and will cover a variety of preservation methods such as water bath, pressure, dehydration and freezing. The workshops will be in the evenings from 5:30 - 8:30 and are for adults and older youth. A grant received by the Wildcat District allows the fee to be waived for these classes.

Each participant will learn the most up to date information on safely preserving food at home. Information will focus on the water bath method and freezing for the first session on Tuesdays and Pressure canning and drying on Thursdays. Each participant will help prepare and process

the foods and will take home a jar to enjoy. Please **pre-register one week prior to the class you would like to attend** at 620-331-2690. Miner said she enjoys helping others learn about food preservation and the classes are a fun way to learn the latest recommendations.

Workshops will be held in Parson at the UMC August 17 and 19, at the Wildcat District Independence office on August 31 & September 2. At the Wildcat District Girard Office on September 7 & 9. At the Fredonia office on September 14 & 16 and on September 21 & 23 – at a location to be determined in Pittsburg.

For more information about nutrition, food safety or health contact Holly Miner at haminer@ksu.edu or call 620-331-2690 or 308-224-4628 or stop by any Wildcat District Office.

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