CHOOSE FROM THREE CLASSES:  
($5.00 REGISTRATION FEE)

Thursday, June 4, 2009
6:00 – 8:30 pm
Cleveland County Extension Service
130 S. Post Rd., Suite 1
Shelby, NC 28152
704-482-4365
Contact: Nancy Jones

Make checks payable to:
Cleveland County Cooperative Extension
Registration Deadline: May 29, 2009

Monday, June 8, 2009
6:00 – 8:30 pm
Lincoln County Citizens Center
115 West Main St.
Lincolnton, NC 28092
704-736-8461
Contact: Melinda Houser

Make checks payable to:
Lincoln County FCE
Registration Deadline: June 1, 2009

Monday, June 22, 2009
6:00 – 8:30 pm
Lucile Tatum Homemaker’s Center
959 Osceola St.
Gastonia, NC 28052
704-865-3291
Contact: Pam Bryson

Make checks payable to:
Gaston County Cooperative Extension
Registration Deadline: June 15, 2009

Class Registration fee is $5.00 and includes handout information. Seating is limited and pre-registration is required. To register for a class, call the Extension Agent in the county where you plan to attend the workshop.

Accommodations for individuals with disabilities: For accommodations for persons with disabilities, contact the Extension Agent in the county where you plan to attend the workshop no later than 5 business days before the event.

Course Instructors
NC Cooperative Extension
Family and Consumer Science Agents

Melinda M. Houser
Lincoln County
704.736.8461
email: melinda_houser@ncsu.edu

Nancy H. Jones
Cleveland County
704.482.4365
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Linda J. Minges
Gaston County
704.922.2127
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The Safe & Easy Way to Preserve Foods
Summer 2009

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Summer 2009

with
North Carolina Cooperative Extension

NC State commits itself to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, NC State welcomes all persons without regard to sexual orientation.
This class is for anyone who...

- Uses old canning recipes - such as grandma’s recipes, church cookbooks, etc..
- Uses recipes that are not Extension-approved.
- Uses water bath canning for green beans, corn and other low-acid vegetables...this is not a safe practice.
- Is new to canning or has not canned in a long time.
- Has been canning for a long time without contacting the local Cooperative Extension office for annual updated canning guidelines.

CANNING

JUST “CAN” IT

You will learn the essentials to home canning which include:
- What equipment and supplies are needed to begin canning.
- Correct canning techniques for low and high acid foods.
- Important food safety techniques to ensure safely canned foods.
- How to use a pressure canner and water bath canner.
- Answers to frequently asked canning questions.

“JAMMIN” WITH JELLIES

The program will provide information about making soft spreads such as:
- Varieties of soft spreads including jellies, jams, butters, conserves, marmalades and preserves.
- Equipment and supplies needed for making soft spreads.
- Variety of recipes, including reduced-sugar varieties.
- Answers to frequently asked questions about making soft spreads.

PICKLING POINTERS

Information will be provided to help you pickle a variety of foods:
- Varieties of pickled foods such as dills, sweet pickled fruits, chutney, relishes and sauerkraut.
- Correct pickling techniques and food safety practices.
- How to make low sodium and reduced sugar pickles.

PICKLING

PRESSURE CANNER DIAL GAUGE TESTING WILL NOT BE PROVIDED DURING THIS PROGRAM. CALL YOUR EXTENSION OFFICE TO HAVE YOUR GAUGE TESTED.