

Cornell Cooperative Extension | Saratoga County

FOOD PRESERVATION EDUCATIONAL SERIES Via Zoom for 2020

Register for one or all of these **FREE** classes taught by Diane Whitten, CCE Nutrition Educator and Cornell Certified Master Food Preserver. For additional information contact Diane at dwhitten@cornell.edu.

If you've never used Zoom before, [learn the basics of joining a Zoom meeting at this site](#).

ALL CLASSES FRIDAYS AT 11 AM

June 12 - Making Strawberry Jam

Learn how to make a full sugar, low sugar or no sugar jam, plus freezer jam; a no cook recipe great for kids that requires no canning equipment. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed.

[Link to Registration - Making Strawberry Jam](#)

June 26 - Fermenting Vegetables

Learn how easy and fun it is to ferment foods at home, including sauerkraut and kimchi. This class will include equipment, tips and techniques for successful fermentation. The health benefits of probiotic bacteria in fermented foods will be discussed.

[Link to Registration - Fermenting Vegetables](#)

July 17 - Canning at Home; An Intro to Boiling Water, Steam and Pressure Canning

Learn when and how to use these different canning methods. This class will include a discussion of low acid and high acid canning, plus how to avoid botulism food poisoning.

[Link to Registration - Canning at Home](#)

July 31 - Quick Pickling

Learn tips and techniques for successful pickling, including making a crisp pickle. This class will cover pickling ingredients, plus the basics of canning in a boiling water bath or steam canner, including equipment needed.

[Link to Registration - Quick Pickling](#)

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August 14 - Pressure Canning Vegetables, Meats & Soups

Learn the procedures for safely canning low-acid foods, such as vegetables, meats, and soups in a pressure canner. This class will include a discussion of dial gauge vs. weighted gauge pressure canners and how to use them.

[Link to Registration – Pressure Canning](#)

September 11 - Canning Salsa & Tomatoes

Learn how to can whole and diced tomatoes, plus make salsa. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed.

[Link to Registration – Canning Salsa & Tomatoes](#)

September 25 - Dehydrating Fruits & Vegetables

Learn tips and techniques for getting quality dehydrated fruits & vegetables. This class will include a discussion of types of dehydrators.

[Link to Registration – Dehydrating Fruits & Vegetables](#)

October 16 - Making Meat Jerky

Learn how to safely make your own jerky in an oven or food dehydrator. This class will include the three methods of making a safe jerky, options for marinating, plus testing for doneness.

[Link to Registration – Making Meat Jerky](#)



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