

# FOOD PRESERVATION WORKSHOPS

Learn to preserve your food right here in **Cottage Grove**.  
Enjoy eating locally grown produce and meat all year long.



## **Saturday classes\***

**Hands-on Take home what you preserve**

Each class taught by OSU Extension Master Food Preservers

### August 27 - Pressure Canning - 11:00 - 3:00pm, Healing Matrix

Learn to pressure can and store your very own fresh foods for year-round enjoyment, *and* shrink your monthly food bill. We'll work with summer vegetables; have a summer stew for lunch.

### September 24 - Talkin' Tomatoes (and salsas) - 11:00-3:00pm, Healing Matrix

Various styles of putting up tomatoes such as: canning, freezing, dehydrating will be taught. Taste and take home lots of goodies...salsas included!

### October 22 - Going Hunting? Got Beef? Salmon? - 11:00-3:00pm, Bohemia Pavillion

Demonstrations of various techniques of preserving meats: smoking, jerking, freezing, pressure canning. This class may also include a knife skills review: sharpening vs. honing; simple butchering. As always, you'll taste many delicacies. *[Basic preserving skills necessary]*

### November 19 - All About Apples and Holiday Food Gifts - 11:00 - dusk, TBA

It's a great time for apples...sauce, butter, leather, cider, juice, and pie. Although primarily a demonstration class, you'll certainly sample lots of apple goodies and take home fresh cider that *you* pressed. Demonstrations and participation opportunities include: cooking down apples for sauce and butter, dehydrating, canning, steam juicing (grapes), pie fillings, and cider pressing (of course!). Making flavored oils and vinegars is another highlight of the day.

Call **541)942.2360** for details and registration  
(or mail to 78628 Cedar Park Rd. CG 97424)

\*\*\*\*\*

## **Registration Form**

Select desired classes: payment is based on a sliding scale (scholarships available)

<input type="checkbox"/> Pressure Canning	\$10-15	<input type="checkbox"/> Meats	\$15-20
<input type="checkbox"/> Tomatoes	\$10-15	<input type="checkbox"/> Apples	\$10-14

Please print:

Name: \_\_\_\_\_ Total enclosed: \_\_\_\_\_

Mailing address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Make checks payable to: AWE

Mail to: 78628 Cedar Park Rd. CG 97424

*Sponsored and supported by Sustainable Cottage Grove and The Healing Matrix  
Instructors from OSU Extension Master Food Preservers Program*