

WASHINGTON STATE UNIVERSITY



STEVENS COUNTY EXTENSION

preserve your own food



WASHINGTON STATE UNIVERSITY STEVENS COUNTY EXTENSION

Co-sponsored by:

**WSU Stevens
County Extension**

Kettle Falls Food Bank

**Colville Hardware
Do-It-Center**

Freezing Vegetables and Jam - Monday, July 27

Learn to make freezer jam and freeze vegetables at this free hands on workshop.

Canning Fruit - Monday, August 3

Are you canning fruit? Learn up-to-date information on water bath canning. Join us to find out how to can fruits and jellies. Learn product selection, preparing and packing the jars, and the do's and don'ts of water bath canning.

Pressure Canning Made Easy - Monday, August 10

Finally, join us to find out how to use a pressure canner at this hands-on workshop. Learn product selection, preparing and packing the jars, and the dos and don'ts of using the pressure canner.

Bonnie Stichart, WSU Food Safety Advisor, will conduct all three workshops. Bonnie will also explain why some foods are frozen, some water bathed, and some require pressure canning. She will explain why elevation matters in canning and what adjustments you need to make.



Persons with a disability requiring special accommodations while participating in this program may call WSU Stevens County Extension, 509-684-2588. If accommodation is not requested in advance, we cannot guarantee the availability of accommodation on site.

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

All classes held **9 am to 12 noon** at the
Kettle Falls Senior Center
605 Narcissus
Kettle Falls, WA 99141

**All workshops are free, to register contact:
WSU Stevens County Extension
509.684.2588**