



PRESERVING THE BOUNTY

Please join Buy Fresh Buy Local Cape Cod for these upcoming classes on safe home food preservation.

WHERE: Barnstable Senior Center Kitchen
825 Falmouth Road, Hyannis

WHEN: Each workshop will be offered twice on the same day.
Dates are listed below with each workshop

COST: See below for details

QUESTIONS? Contact Tasha Ramos @ 508-375-6697 or
tramos@barnstablecounty.org

SEPTEMBER 18

FREEZING AND DRYING **COST:** \$5.00 per person

Join us for this informative workshop to learn the basics of the simplest forms of food preservation starting with freezing and drying. We'll start with what leads to food spoilage and how to avoid it using these two techniques. Safely freezing summer's bounty of fruits, veggies, and herbs along with making freezer jams will be the focus of the first hour. The second portion of this workshop will explore the methods of drying fruits, veggies, and herbs along with making your own fruit leathers.

OCTOBER 9

INTRO TO WATER BATH CANNING **COST:** \$10.00 per person

Cornell Cooperative Extension Master Food Preserver Sandra Varno will give up to date information and instruction on water bath canning. Participants will make a delicious salsa and see the basics of canning crushed tomatoes. Bonus: each participant will also go home with a copy of the Ball Blue Book Guide to Preserving.

NOVEMBER 13

HOLIDAY GIFT GIVING **COST:** \$5.00 per person

The holidays are coming and it's a perfect time to share the local bounty from Cape Cod with family and friends. Join the Cape Cod Cooperative Extension Buy Fresh Buy Local for this workshop focused on safely giving gifts of food including ideas for packaging and shipping. We will focus on the cranberry harvest as well as ideas for herb vinegars for this gift giving workshop. 'Tis the season for all those holiday and hostess gifts!

Please make checks payable to Barnstable Senior Center

Mail to: Preservation Workshop, Barnstable Senior Center • 825 Falmouth Rd • Hyannis, MA 02601

Name _____

Mailing Address _____

Town _____ State _____ Zip _____

Phone _____ Email _____

Which workshop(s) are you registering for?

☐ Freezing & Drying ☐ 1:30-3:30 **OR** ☐ 4:00-6:00 ☐ Holiday Gift Giving ☐ 1:30-3:30 **OR** ☐ 4:00-6:00

☐ Water Bath Canning ☐ 1:30-3:30 **OR** ☐ 4:00-6:00

Total Enclosed = _ _ _