



## ANNUAL DIAL GAUGE TESTING

Check pressure canner dial gauges for accuracy every year for safety in operation and in food preservation. Weighted gauges do not need to be checked. Contact Kathryn Strong at [kstrong@vt.edu](mailto:kstrong@vt.edu) for free dial gauge testing at Fairfax and Arlington VCE offices.

Sign up for workshops at  
<http://bit.ly/VCEFoodPreservation>

## TRUSTED HOME FOOD PRESERVATION RESOURCES

Virginia Cooperative Extension

[www.pubs.ext.vt.edu/category/food-preservation](http://www.pubs.ext.vt.edu/category/food-preservation)

National Center for Home Food Preservation <http://nchfp.uga.edu>

Ball Canning [www.freshpreserving.com](http://www.freshpreserving.com)

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Amy Ordonez, Fairfax Office at 703-324-5369/TDD\* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.



[www.ext.vt.edu](http://www.ext.vt.edu)

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg. VT/1014/VCE494/490-112



2015

## Home Food Preservation Workshops

*Learn the basics of home food preservation with hands-on experiences and demonstrations. Science-based methods focus on food safety and quality. Workshops are perfect for beginners and those looking to brush up on their skills.*

## BOILING WATER CANNING

## PRESSURE CANNING

## FOOD FERMENTATION

## FREEZING & DRYING

**Kathryn Strong, M.S., R.D.**

Extension Agent

Food, Nutrition, and Health

Fairfax and Arlington Counties

[kstrong@vt.edu](mailto:kstrong@vt.edu)



## WORKSHOPS ARE HELD AT:

### Fairfax County VCE Office

Pennino Kitchen, 10<sup>th</sup> Floor

12011 Gov't Ctr Pkwy

Fairfax, VA 22035

<http://offices.ext.vt.edu/Fairfax>

### Arlington County VCE Office

Fairlington Kitchen

3308 S Stafford St

Arlington, VA 22206

<http://offices.vt.edu/Arlington>

## REGISTRATION FEE

\$20 per workshop or three for \$50. Registrant takes home a jar of preserves.

## HOW TO REGISTER AND PAY

Sign up for workshops at <http://bit.ly/VCEFoodPreservation>. You will receive an email confirmation with instructions to pay by personal check or e-payment.

Registration closes 48 hours prior to start time.

Minimum 5 / maximum 12 per workshop. No children please.



## 3 WORKSHOPS ARE AVAILABLE IN 2015:

### BOILING WATER CANNING

Overview of canning basics and drying foods. Hands-on workshop for jams, jellies, and pickled products.

**April 15**, 5 to 8 pm, Pennino Kitchen, Fairfax

**July 7**, noon to 3 pm, Pennino Kitchen, Fairfax

**August 27**, noon to 3 pm, Fairlington Kitchen, Arlington

### PRESSURE CANNING

Overview of canning basics and freezing food. Hands-on workshop for canning low-acid foods, such as vegetables, beans, and meats.

**May 13**, noon to 3 pm, Pennino Kitchen, Fairfax

**June 10**, 5 to 8 pm, Pennino Kitchen, Fairfax

**September 17**, noon to 3 pm, Fairlington Kitchen, Arlington

### FOOD FERMENTATION

Overview of concepts and equipment for fermenting food (beer and wine not covered). Hands-on workshop for fermenting fruits and vegetables.

**July 16**, 5 to 8 pm, Fairlington Kitchen, Arlington

**August 12**, 5 to 8 pm, Pennino Kitchen, Fairfax

**September 16**, noon to 3 pm, Pennino Kitchen, Fairfax