

# Food Preservation and Preparation Workshops

Presented by Larimer County Master Food Safety Advisors

**Water Bath Canning**—Learn how easy it is to safely can high acid foods in this hands-on workshop. The boiling water canning method can be used to preserve fruit, salsa, pickles, tomatoes, jams, jellies and more. This is a good workshop for beginning canners or those wanting to update their skills. Fee: \$25

- Monday, September 11, 6:00—8:30 pm, Larimer County Extension Office

**Pressure Canning**—Learn the steps to safely and confidently pressure can vegetables and meats in this hands-on workshop. Includes free pressure canner dial gauge test (\$10 value) - bring your canner lid or just the dial gauge. Fee: \$25

- Wednesday, September 27, 6:00—8:30 pm, Larimer County Extension Office

**Dehydrating Foods, Leathers and Jerkies**—Drying is a creative way to preserve foods. Learn the basic methods of drying fruits, vegetables, herbs, leathers and jerkies. Tasting and ideas for using dehydrated foods will be included. Fee: \$15

- Wednesday, August 30, 6:00—8:00 pm, Larimer County Extension Office

**Sauerkraut and Fermented Vegetables** – Natural fermentation is one of the oldest means of food preservation. Learn the science of preparing and storing sauerkraut and fermented vegetables safely in this hands-on workshop. Fee: \$25

- Wednesday, October 18, 6:00—8:30 pm, Larimer County Extension Office

**Making Soft Cheeses**—Learn how easy it is to make mozzarella, ricotta and feta in your home kitchen without specialized equipment. The workshop covers milk quality, food safety concerns, ingredients and techniques. Includes step-by-step instructions, demonstration and tasting. Fee: \$25

- Wednesday, November 1, 6:00—8:30 pm, Larimer County Extension Office

**Mastering High Altitude Food Preparation**—Baking, cooking and candy making at altitude requires some special considerations. Have your questions answered and get tips for modifying recipes for altitude just in time for the holidays. Fee: \$5

- Monday, November 13, 6:00—8:00 pm, Larimer County Extension Office

**[Register Here!](#)**

Pre-registration is required. Class size limited.

For more information or to schedule a private workshop contact:

Edie McSherry: [emcsherry@larimer.org](mailto:emcsherry@larimer.org) or call 970-498-6008



## Questions About Food Safety — Preservation — Preparation?

CSU Extension's Master Food Safety Advisors are ready to help with up-to-date, research-based information.

**Call:** 970-498-6000, Monday—Friday, 7:30 am—4:30 pm

**Email:** emcsherry@larimer.org

**Visit:** MFSA Information Tent at Larimer County Farmers' Market  
200 W. Oak Street, Fort Collins  
Saturdays, 8:00 am—12:00 pm, May 20—October 28, 2017

**CSU Extension Food Preservation Fact Sheets available online: [www.larimer.org/ext](http://www.larimer.org/ext)**

- Canning Fruits
- Canning Tomatoes/Tomato Products
- Canning Vegetables
- Cost of Preserving and Storing Food
- Drying Fruits
- Drying Vegetables
- Smoking Poultry Meat
- Freezing Fruits
- Freezing Vegetables
- Leathers and Jerkies
- Making Jellies
- Making Pickled Peppers
- Making Pickles

**Publications and Canning Supplies—available at Larimer County Extension Office or Farmers' Market**

- So Easy To Preserve (\$18.00)
- Ball Blue Book Guide to Preserving (\$8.00)
- Ball Complete Book of Home Preserving (\$18.00)
- Drying Foods (\$5.00)
- High Altitude Baking Book (\$15.00)
- ClearJel® - 1 lb. Pkg. (\$5.00)
- Pickling Lime—1 lb. Pkg. (\$5.00)

### **Pressure Canner Dial Gauge Testing**

The USDA recommends having pressure canner gauges tested annually. Testing your pressure canner will determine whether your canner is functioning properly and will help you produce safely preserved foods. The CSU Larimer County Extension Office offers free pressure gauge testing:



- Call the office to schedule an appointment: 970-498-6000
- Visit the Master Food Safety Advisor information tent at the Larimer County Farmers' Market.

*Carefully remove the dial gauge from the canner or bring the canner lid with the gauge attached for testing.*

**[For more information, recipes, instructions and resources:](#)**

**Colorado State University Extension, Larimer County Office**

1525 Blue Spruce Drive, Fort Collins, CO

970-498-6000

[www.larimer.org/ext](http://www.larimer.org/ext)

**Colorado Farm to Table — Colorado State University Extension**

[www.farmtotable.colostate.edu](http://www.farmtotable.colostate.edu)