

**All Workshops held at  
Boyd Hall  
Asotin County Fairgrounds  
Asotin, WA**

\$10.00 each Workshop  
Scholarships are Available

**Thursday Workshops  
September 8, 2011**

AM Session—9:00 am to Noon  
PM Session—1:00 pm to 4:00 pm  
(repeat of morning class)

**Food Safety  
Water Bath Canning**

**Friday Workshops  
September 9, 2011**

AM Session—9:00 am to Noon  
PM Session—1:00 pm to 4:00 pm  
(repeat of morning class)

**Food Safety  
Freezing and Drying**



**Asotin County Health District**  
431 Elm Street  
Clarkston, WA 99403  
509-758-3344  
<http://ac-hd.org>



**WSU Asotin County Extension**  
135 2nd Street • PO Box 9  
Asotin, WA 99402  
509-243-2009  
[heitstuman@wsu.edu](mailto:heitstuman@wsu.edu)

**Presenter:**

**Lizann Powers-Hammond**   
**WSU Extension Educator**  
**Benton County Extension**

Lizann has worked for WSU Extension for 23 years, training Master Food Preserver volunteers for 22 years. She has a BA Ed in Home Ec. Education from Central Wash. Univ. and a BS in Public Health Nutrition (from CWU - both 1981) . Masters in Human Nutrition from WSU in 1985. EdD - ABD from WSU.



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



**Food Preserving  
101   
Workshops**

**September 8, 2011**  
**Water Bath Canning**  
AM and PM Session

**September 9, 2011**  
**Freezing and Drying**  
AM and PM Session

**Boyd Hall  
Asotin Co. Fairgrounds  
Asotin, WA**



# Agenda



## Thursday Workshops

9:00—Noon or 1:00—4:00 pm

Introduction to water bath canning as a method of food preservation.

Basics of spoilage and preservation

Basics of water bath processing

Hands-on experience with boiling water bath canner



## Friday Workshops

9:00—Noon or 1:00—4:00 pm

Introduction to freezing and drying as a method of food preservation.

Basics of spoilage and Preservation

Basics of freezing and drying as a method of preservation

Hand-on experience with freezing and drying



### What is water bath canning?

Water Bath Canning (or Boiling Water Canning) is safe for fruits, tomatoes and pickles as well as jam, jellies and other preserves. In this method, jars of food are heated completely covered with boiling water. A water bath canner is a large covered cooking pot with a rack. Any large metal container may be used as long as it is deep enough for 1 inch of briskly boiling water to cover the jars.



### What is drying?

Drying food is simple, safe and easy to learn. With modern food dehydrators fruit leathers, banana chips, pumpkin seeds and beef jerky can all be dried year-round at home. Dried foods are lightweight, take up little space and do not require refrigeration.

### What is freezing?

Freezing is one of the easiest, most convenient, and least time-consuming methods of preserving foods. Freezing does not sterilize foods, the extreme cold simply retards the growth of microorganisms and slows down chemical changes that affect quality or cause food to spoil.

## Food Preserving 101 ... Water Bath Canning • Freezing and Drying

Boyd Hall • Asotin County Fairgrounds • Asotin, WA

REGISTRATION DEADLINE - SEPTEMBER 2, 2011

Name \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please register me for the Food Preserving 101 workshop for the following days/times. Check Workshop(s) you plan to attend

Thursday—Water Bath Canning

Friday—Freezing and Drying

AM Session \_\_\_\_\_

PM Session \_\_\_\_\_

AM Session \_\_\_\_\_

PM Session \_\_\_\_\_

I have enclosed \$10.00 for each day that I plan to attend to cover the expense of my materials. Please make checks payable to the "WSU Asotin County Extension" RETURN BY SEPTEMBER 2, 2011