

# Food Preservation Educational Series via Zoom for 2021

Register for one or all of these **FREE** classes taught by Diane Whitten, CCE Nutrition Educator and Cornell Certified Master Food Preserver. For additional information contact Diane at [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu).

If you've never used Zoom before, [learn the basics of joining a Zoommeeting at this site.](#)

## **Fermenting Kombucha & Jun**

**Tuesday, June 29, 6:00 – 8:00pm**

Learn how easy and fun it is to make your own Kombucha and Jun, a tea fermented with honey. Health benefits of the probiotic bacteria in fermented teas will be discussed. Includes a demonstration.

[Link to Registration – Fermenting Kombucha & Jun](#)

## **Quick Pickling**

**Thursday, July 29, 6:00-8:30**

Learn how to pickle cucumbers and other vegetables, plus techniques for making a crisp pickle. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. Includes a demonstration.

[Link to Registration – Quick Pickling](#)

## **Pressure Canning Vegetables, Meats & Soups**

**Thursday, August 5, 6:00-8:30**

Learn the procedures for safely canning low-acid foods, such as vegetables, meats, and soups in a pressure canner. Includes a demonstration of canning green beans. Also, learn about the different types of pressure canners.

[Link to Registration – Pressure Canning Vegetables, Meats & Soups](#)

## **Canning Salsa & Tomatoes**

**Tuesday, August 17, 6:00-8:30**

Learn how to can whole and diced tomatoes, plus make salsa. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. Includes a demonstration.

[Link to Registration – Canning Salsa & Tomatoes](#)

## **Preserving Apples**

**Thursday, September 9, 6:00-8:30 pm**

Apples can be preserved through canning, freezing and dehydrating. Includes a demonstration of making and canning applesauce, plus directions for freezing or canning your own apple pie filling.

[Link to Registration – Preserving Apples](#)

## **Making Jerky & Canning Meat**

**Thursday, October 7, 6:00-8:30 pm**

Learn how to safely make your own jerky in an oven or food dehydrator. Canned meat is tender and makes a quick meal. Learn the steps to safe pressure canning, a process that can be used for preserving vegetables and soups too. Includes a discussion of proper freezing procedures and materials, plus a demonstration of canning meat.

[Link to Registration – Making Jerky & Canning Meat](#)

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