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 for free dial gauge testing at Fairfax and Arlington VCE offices.

Sign up for workshops at

TRUSTED HOME FOOD PRESERVATION RESOURCES

Virginia Cooperative Extension
www.pubs.ext.vt.edu/category/food-preservation

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

Ball Canning 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.

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
WORKSHOPS ARE HELD AT:

Fairfax County VCE Office
Pennino Kitchen, 10th 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
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