

Food & Farm WORKSHOPS



Intro to Canning- Open Kettle & Boiling Water Bath

with Kimmy Clements

Tuesday, August 28th

5:30-8 pm; Canaan Valley Fire Hall Fee: \$15

Canning can be daunting for some but for many items, like acidic foods, it's really quite simple. Come and learn how to can, using the open kettle &

boiling water method, so you can savor the flavor of summer peaches, tomatoes, pickles and more, throughout the entire year. Not only that, but reduce the unnecessary salt and sugars that are found in most commercial canned goods. This summer, produce is in surplus, so buy or harvest in bulk and stock your pantry or cellar! Let us demystify this timeless preservation method so you can save money and eat better!

Kimmy was raised on a farm and grew up preserving summer produce with her parents and grandparents. With these skills, and those acquired from her friends & neighbors, she stays stocked up with healthy, homemade, shelf stable foods. You can too!

Please **REGISTER**, no later than **Monday, August 27th**: info@phffi.org or stop in at the Highland Market to sign up. Pre-registration is required; if not minimum of 10, will reschedule

It's About Good Food!

Please stay in touch! phffi.org or on Facebook @HighlandFoodandFarmMarket

