

For Immediate Release

Grow & Preserve Food Preservation Learning Experience

Many Nebraskans are excited for this time of year as home food preservation is upon us. The time of year when we can create homemade shelf-stable foods that have great flavors from what we have harvested from our gardens or from what we have purchased. A list of tips can make this experience a positive and successful one for the first timer to those who have not canned for a while.

Whether food should be processed in a pressure canner or boiling-water canner to control botulinum bacteria depends on the acidity of the food. If you would like to learn the safe, science-based method of food preservation plan to enroll in an in-person class offered by Nebraska Extension.

These classes are intended for the home cook, home gardener, for those looking to have shelf-stable foods, and for those who are wanting to customize foods for their liking or create a healthier alternative.

Register at least one week ahead of each class. Each participant will have a canned food item to take home. Cost is \$20.00 per participant.

April 30 - McCook, NE - 5:00 to 7:00 pm - make canned green beans

May 16 - Kearney, NE - 4:00 to 6:00 pm - make homemade jam

May 20 - North Platte, NE - 4:00 to 6:00pm - make pickled veggies

May 24 - Neligh, NE - 2:00 to 4:00 pm - make homemade jelly

May 28 - Big Springs, NE - 2:00 to 4:00 pm MT - making homemade jelly

July 10 - Big Springs, NE - 2:00 to 6:00 pm MT - making canned vegetables

July 17 - Concord, NE - 2:00 to 4:00pm - making homemade salsa

More details and registration can be found at: <https://food.unl.edu/grow-and-preserve-classes>.

For additional questions, contact your local Nebraska Extension office or go to www.food.unl.

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