

Pantry Press

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Who are UC Master Food Preservers?

WE ARE VOLUNTEERS WITH EXTENSIVE TRAINING IN FOOD SAFETY AND PRESERVATION FROM THE UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION. WE TEACH CLASSES TO THE PUBLIC AND ARE AVAILABLE TO ANSWER YOUR HOME CANNING AND FOOD PRESERVATION QUESTIONS.

Mission Statement

"To teach research-based practices of safe home food preservation to the residents of California."

Reach us

Online:

<http://cesanluisobispo.ucanr.edu>

Helpline: (805) 781-1429

Email: slomfp@ucanr.edu

<https://ucanr.edu/blogs/foodpreservation/>

What's happening in August



We just finished our Master Food Preserver class of 2020! It has been a challenge as we were only 2 labs away from graduation before the recent indoor restrictions. So we moved outside!!! Fortunately, we were able to use the Master Gardener's 'Garden of the Seven Sisters' demonstration garden to finish our labs!

THANK YOU!

On June 5th we had our #BigDigDay. We rely on donations to help fund our program, pay for supplies for our workshops, offer hands on workshops with children and other community events. We raised \$838.00 for the master food preserver program. We are so grateful to everyone who donated to help keep our program going!!

All events provided by the UCCE Master Food Preservers is staffed with volunteers and 100% of your donation stays in San Luis Obispo County.

Currently we are unable to have our classes due to the Covid-19 pandemic. We have started a blog to keep connected with you. Please visit our website for more resources. We have a helpline that is checked weekly and can connect you, one on one, with a master food preserver. See the "Reach us" box to the left for more information. <https://ucanr.edu/blogs/foodpreservation/>

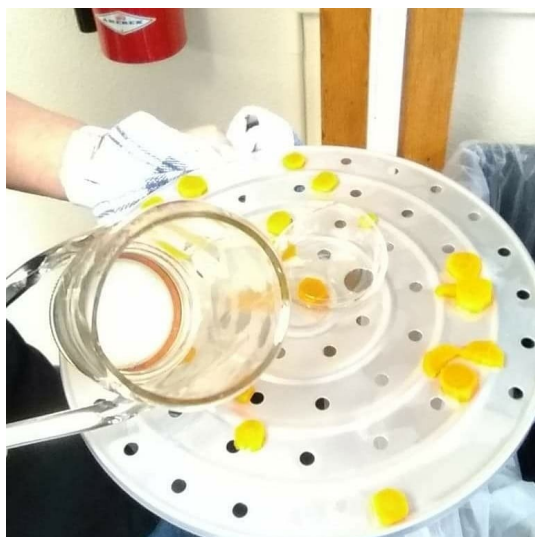




Our Master Food Preserver Training Class 2020



Check out how our class of 2020 Master Food Preservers made sauerkraut in the Master Gardener's Garden of the Seven Sisters demonstration garden



Even we make mistakes! Our Master Food Preserver class learned why it is important to preheat your jars prior to filling with hot product before pressure canning! The carrots will be scooped up for composting or fed to chickens!!!



I use a lot of green onions. However, it always seems I don't have any in my refrigerator when I need them!

I decided to dehydrate several onions so I will always have a few available for recipes.

In a pinch these will even work in a salsa recipe. Allow the onions to rehydrate in the salsa for an hour before eating.

They also work great for a mild onion flavor in soups, stews, and recipes for crockpots or instant pots.

See our blog at <https://ucanr.edu/blogs/foodpreservation/>

for instructions on how to dehydrate green onions.

