



The harvest season has arrived and now is the time to learn safe and necessary skills to stock your pantry. Whether you are planning your own home garden, plan on supporting a local farmer with a CSA subscription, or intend to frequent one of our nine county farmers markets, you need some mad food preservation skills. Look no further! Please plan on joining me as I inform and educate you on the most current and safe food preservation skills. Strap on your aprons, these classes are hands-on!



Haselwood YMCA  
3909 NW Randall Way  
Silverdale, WA 98383  
360-698-9622



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**WSU Kitsap  
Small Farms Team**

345 6th St, Ste. 550  
Bremerton WA 98331-1874

Phone: (360) 337-7026  
Fax: (360) 337-464  
E-mail: [shannon.harkness@wsu.edu](mailto:shannon.harkness@wsu.edu)

WSU Kitsap  
Small Farms Team



*Preserving  
The  
Harvest*



# Preserving the Harvest

WSU Kitsap Smalls Farms Team and the Haselwood YMCA are pleased to announce the Fall 2011 Food Preservation workshops. Small Farms Team Educator, Shannon Harkness, will share her knowledge and passion for preserving nutritious, local foods. Each session will cover the basics of food safety and canning skills, including food spoilage and bacteria, canning equipment, as well as the topic of the week. Students will leave with one take home treat!

**Sassy Salsas— October 2nd-** Add some spice to your life! Salsa is considered a staple in the Harkness household. While no family recipes will be divulged, we will be making some pretty fine salsa!

**In a Pickle— October 9th-** Learn how to make great crunchy pickles of all types! We will discuss the process of fermentation as well as vinegar brined pickles. Make and take will be a quick pickle treat!

**Under Pressure— October 16th-** Conquer your fear! Learn how to safely pressure can low acid foods such as vegetables, seafood, and meats. We will be canning low-acid vegetables.

**Apple of My Eye— October 23rd-** The fruit that makes Washington famous is also a fruit that has a variety of ways to preserve it! This class discusses canning fruit, pie filling, dehydration, saucing, and cider making. Take home is a jar of scrumptious apple sauce!



## How to register for "Preserving the Harvest"

### General Information

Day	Sundays October 2, 9, 16, 23
Time	1-4pm
Fee	\$35 per class OR \$95 for the series (4 classes)
Who	EVERYONE! Y Members or Non-Y Members

### HOW TO REGISTER

#### ON-LINE

1. [www.ymapkc.org](http://www.ymapkc.org)
2. Register For Classes
3. Select Location (Haselwood)
4. Select "register online for additional fee classes and programs"

#### IN PERSON

Visit the Welcome Center at the Haselwood Family YMCA.

#### QUESTIONS?

Shannon Harkness  
360-337-7026  
[shannon.harkness@wsu.edu](mailto:shannon.harkness@wsu.edu)