

Interested in a Workshop on Canning or Freezing?



Family & Community Health Sciences Wants to Know!

Family and Community Health Sciences may offer workshops in the **Somerset and/or Hunterdon County** area in **Spring/Summer 2010**. To help us better meet your needs and interests, please **complete this short survey** and return to:

Sandra Greci, FCHS Educator, RCE of Hunterdon County

P.O. Box 2900, Flemington, NJ 08822 or

FAX: 908-806-4735 or email greci@njaes.rutgers.edu

Check all that apply:

- I *never canned* fresh produce, but would like to learn at a workshop
- I *have canned* fresh produce, but would like an update at a workshop
- I have never *frozen* fresh produce, but would like to learn at a workshop
- I *have frozen* fresh produce, but would like an update at a workshop

I would like to *can* the following foods: (check those of greatest interest)

- Fruit (apple sauce, berries, peaches, etc.)
- Tomatoes (whole, juice, sauce)
- Vegetables (Beans, beets, corn, etc.)
- Pickles



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I would like to *freeze* the following foods: (check those of greatest interest)

- Fruit (apple sauce, berries, peaches, etc.)
- Tomatoes (whole, sauce)
- Vegetables (beans, beets, corn, peppers, squash, etc.)
- Jams
- Specialty foods (pies, pesto, etc.)



My main reason(s) for interest in this topic is:

- Cost savings Way to deal with excess home garden produce Interest in organic/locally grown food consumption Other: _____

Please provide your contact information below and return survey to Rutgers Cooperative Extension so that we may contact you if we offer a workshop:

Name:

Email:

Mailing address/phone:

Tear here to keep: For reliable (safe) canning & freezing information consult:

- National Center for Home Food Preservation's website: <http://www.uga.edu/nchfp/>
(Hosted by University of Georgia)
 - Ball Blue Book or website, <http://www.freshpreserving.com/>
- Putting Food By (Book) by Greene, Hertzberg & Vaughan