



# February Food Preservation Classes

**Presented by UCCE Master Food Preservers**

Join us at any of the classes below to learn new skills or strengthen your knowledge with exciting tips and tricks. Unless otherwise noted, all classes are free and no reservations are required.

## Amador/Calaveras County

### Sizzling Soups

Saturday, February 7, 10-Noon

Wrap your cold hands around a steaming bowl of hot homemade soup this winter. The first part of this free class will focus on making soups using a pressure canner. After covering the basics of pressure canning (and why you don't use a boiling water canner to process soups) you'll learn how to make vegetable and meat stocks. The second part of the class will focus on freezing and reheating soups. Some soups are more safely preserved by freezing; learn why.

You'll see a variety of finished soups and learn how to take your favorite recipe and make it safe to preserve. It's important to know what you're able to safely can, what you shouldn't can, and why. Let us help you keep warm this winter with sizzling soups!

*Location: Calaveras County Senior Center, 956 Mountain Ranch Road, San Andreas  
For more information: 209-223-6857 • acmfp@ucdavis.edu • <http://ucanr.edu/mfpc>*

## Sacramento County

### Step by Step: Basic Introduction to Safe Water Bath Canning

Saturday, February 14, 10-Noon

### Preserving for Special Diets: Low Sugar and Low Salt

Wednesday, February 18, 6:30-8:30 pm, \$5

*Location for both classes: 4145 Branch Center Road, Sacramento*

*For more information: 916-875-6913 • sacmfp@ucanr.edu • <http://ucanr.edu/mfpsac>*

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Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.

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