

# Canning classes:

## Water Bath: Sweets, Pickles & Fruits

February 21, 9 a.m. – 12 p.m. and November 7, 1 - 3 p.m.

## Pressure Canning: Vegetables and Meat

February 21, 1 - 3 p.m. and November 7, 9 a.m. – 12 p.m.

Both methods demonstrated on one day!

Whether you raise your own or buy them, preserve these foods at their freshest!

The water bath canning class will teach you:

- How to can fruits and make jams and pickles

The pressure canning class will teach you:

- How to can vegetables, meat and seafood

Both classes will teach you:

- What equipment you need
- Use of each canner
- What can/cannot be altered in a recipe
- Legal requirements to sell home canned products
- What's important for safety



**Where: Polk County Extension Service**  
1702 S Hwy 17 S., Bartow, FL 33831

**Cost: \$10 each class**

**Register: on the calendar page of**  
<http://polksmallfarms.com>

**Contact: Mary Beth Henry at**  
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