

Colorado State University Extension

County Food Preservation Classes and Workshops

Arapahoe and Boulder Counties

Viva Salsa!

Salsa is one of the most popular condiments in America! Learn how to prepare and water-bath can salsa using a recipe that has been tested and is safe for home canning. Contact: Sheila Gains, sgains@co.arapahoe.co.us

Tuesday, September 13, 6 p.m. – 7:30 p.m.
Arapahoe County Extension Office
Workshop Fee: \$20

Saturday, September 17, 10 a.m. – 11:30 a.m.
Boulder County Extension Office
Workshop Fee: \$20

Make Your Own Yogurt

Making yogurt is an ancient craft and a modern science. Tangy, nutritious yogurt can be made at home with regular kitchen utensils. Learn safe and easy methods for making yogurt and yogurt cheese in this workshop. Contact: Sheila Gains, sgains@co.arapahoe.co.us

Tuesday, October 11, 6 p.m. – 8 p.m.
Arapahoe County Extension Office
Workshop Fee: \$20

Wednesday October 12, 6 p.m. – 8 p.m.,
Boulder County Extension Office
Workshop Fee: \$20

Sauerkraut and Kim Chi

Natural fermentation is one of the oldest means of food preservation. Learn the science of making and canning sauerkraut and kim chi safely in this hands-on workshop. Contact: Sheila Gains, sgains@co.arapahoe.co.us

Saturday, October 22, 10 a.m. – 12 p.m.
Boulder County Extension Office
Workshop Fee: \$25 (includes a jar of kraut)

Mastering High Altitude Food Preparation

Preparing food at high altitude requires some special considerations. Have your questions answered and baking, cooking and candy making dilemmas solved. Just in time for holiday baking and gift giving! Contact: Sheila Gains, sgains@co.arapahoe.co.us

Saturday, November 19, 10:30 a.m. – 12 p.m.

Arapahoe County Extension Office

Workshop Fee: \$20

Garfield County

Pickling Everything

Come join the CSU Master Food Safety Advisors of Garfield County as we take the day to teach you all about pickling. We have many tricks up our sleeves for pickling all kinds of vegetables and fruits, besides just cucumbers. It will be a great day to have some fun in the kitchen!

Register by Friday, September 9th.

Supply List—Bring with you: Cutting Board, Paring Knife, Apron, Sack Lunch, Water/beverages for the day

Saturday, September 17, 9 a.m.—3 p.m.

Methodist Church, Glenwood Springs

Visit www.extension.colostate.edu/garfieldcounty for details.

LaPlata County

Regular Food Preservation

Sept 12

Durango

Using a Pressure Cooker

Sept 13

Bayfield

To pre-register for classes go to www.laplataextension.org Click on Family and Consumer science for brochure information.

Larimer County

Making Yogurt at Home

Yogurt making is an ancient craft and a modern science. Tangy, nutritious yogurt can be made at home with regular kitchen utensils, and often is less expensive than buying it. Learn safe and easy methods for making yogurt and yogurt cheese in this workshop – taste testing included!

Wednesday, October 12, 6:00—8:00 p.m.

Workshop Fee: \$25

Sauerkraut & Fermented Vegetables

Natural fermentation is one of the oldest means of food preservation. Learn the science of preparing and storing sauerkraut and other fermented vegetables safely in this hands-on workshop. *Note: This workshop held at Larimer County Fairgrounds, McKee Building. Loveland.*

Saturday, October 22, 9:00—11:00 a.m.

Workshop Fee: \$25

Mastering High Altitude Food Preparation

Preparing food at high altitude can be a challenge. This workshop will cover CSU Extension tested modifications that can be made to ensure your holiday baking and candy turns out to be delectable.

Tuesday, November 15, 6:00 – 7:30 p.m.

Workshop Fee: \$20

Registration: www.larimer.org/ext

Tri River Area

Salsa Making Workshop

Learn to make and preserve salsa safely.

Friday, September 9th

Small Business Incubator, Grand Junction

Program Fee: \$10