

# You Can Do It...



## Home Canning that is!

SUBMITTED BY: **LAURIE JARMER**

Home canning – what better way to enjoy the bounty from your garden, as well as the fresh taste of home grown produce in the middle of winter. In the last several years, people are returning to home canning after years away or starting to can for the first time. In fact, according to one survey, 1 in 5 U.S. households can their own food.

Why do people want to can their own produce? Probably most importantly, you know exactly what's in that jar of food you are eating with home canning. There's no preservatives or ingredients with names so long you can't possibly even say them much less think about consuming them. If it comes from your garden, farmer's market or some local farm, you know what you are canning is fresh. Maybe equally as important is taste. Home canned produce tastes much closer to the real fruit or vegetable than most things you buy at the supermarket. And also, it's not that difficult to can and with following proper instructions and methods, canning can be done very safely.

If you are new to canning or just need a refresher course then here's a canning class for you: Tualatin Community Garden is sponsoring a canning class on Thursday, August 22, at 7:00 pm. The class will be held at Boones Ferry Community Church. You can register for the class by following the link from the community garden website ([www.tualatincommunitygarden.com](http://www.tualatincommunitygarden.com)). Pre-registration is encouraged but not

absolutely necessary. The class fee is \$10.00 which includes lots of information on canning in the form of handouts.

Part of the class will be in a teaching format and part a hands-on format. The focus will primarily be tomatoes and what to do with all the abundance of them at this time of year. We will discuss and share recipes for making salsa, tomato sauce and many other tomato products. Pressure canning, water bath canning, freezing and drying will all be discussed with the best options for each kind of produce.

There will be some canning items given away as door prizes to those in attendance. The class will be taught by Laurie Jarmer, a home canner herself for over 30 years. Not only has Laurie canned for many years but has also taught canning classes for 4-H through the OSU extension service. She constantly keeps up-to-date with the latest products, recipes, books and know how on canning. If you have any questions about the class or want to register by email, you make contact her at, [artisticmachinequilting@gmail.com](mailto:artisticmachinequilting@gmail.com).



**Laurie Jarmer** has lived in Tualatin for over 20 years. Besides loving to can, she loves to garden and is the team leader for Tualatin Community Garden. Laurie is married with 6 children.