



A project of the Eden Mills Millpond Conservation Association Inc.

Newsletter # 41 – September 6, 2010

“Sustainable Summer!”

Food Preservation Workshop

Saturday, September 11

1 pm to 3 pm

Eden Mills Community Hall

**Please register no later than
Thursday, September 9 at 10 am!!**

This demonstration/workshop is all about saving the wonderful freshness of our local produce harvest for those long, dark, cold days we know are coming.

The workshop will demonstrate three ways of preserving your bounty, as well as instruction on everything from blanching to food safety:

Canning with the traditional *Mason jars*, the way of the pioneers!



Starring Lee Laing

Freezing everything- including *zucchini*!



Starring Chris Wilson

Dehydration- life beyond *jerky*!



Starring Bonnie McTaggart

**DON'T MISS THIS UP-CLOSE OPPORTUNITY TO GET
ALL THE TIPS FROM VILLAGE EXPERTS!**

For information and to *sign up* please contact:
Chris Wilson 519-856-2811 or janchris@hsfx.ca

www.goingcarbonneutral.ca