

The 'Soup to Nuts' Workshop on Preserving your Harvest



Learn the basics about the most popular food preservation methods to use on your fresh produce this season. Presenters Sherri Cirignano MS, RD, LDN, *Family and Community Health Sciences Educator* and Lynn Waclawski, *Home Horticulture Program Assistant*, will cover topics including freezing, drying and canning to help you enjoy your favorite fresh produce and recipes throughout the winter months. Light refreshments will be served and there will be a chance to win a door prize. Space is limited so please call or email to pre-register.

When: Friday June 23, 2017 from 10:30-11:30

Where: Rutgers Cooperative Extension, Belvidere NJ

Registration: \$10 fee, call 908-475-6507 or email

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