

News Article  
April 7, 2009  
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### Grow Your Own and Preserve It

Over the last several months the Coosa County Extension Office has been hosting a series of workshop entitled “Grow Your Own”. The goal of the program has been to provide educational information to our residents about how they can raise or produce their own supplemental food. Workshops have included sessions on backyard poultry, raising goats and sheep, home vegetables, home orchards, raising beef for the freezer, home beekeeping, and small scale catfish production. This month we will conclude the workshop series with a class on “Home Food Preservation”. The class will be held on Monday April 20, 2009 at the 4-H Club House in Hanover from 6:00 till 8:00 p.m. There is a \$5 registration fee and participants are encouraged to call our office at 256-377-4713 so we can get an estimate of how many people to expect.

Our guest speaker will be Regional Extension Agent, Patty West and she will cover a variety of methods used for food preservation and will exhibit several different pieces of equipment. Participants will receive publications and information that will be very useful.

Food Preservation is a large subject area and so this class will focus on a good general overview of the different methods. We will also introduce a program called the Master Food Preservation Course which may be offered in the near future. So invite a friend and come learn how to safely preserve all those great vegetables, fruits and other food items.