



## CANNING WORKSHOP

Join us for a day of canning, culinary delights, and homemade wine! 🍷🍷🍷

Are you and your girlfriends ready for a fun and educational adventure in the art of food preservation? Dive into the world of canning and learn how to safely and deliciously preserve your favorite vegetables, meats, and even fats. This workshop is perfect for anyone who wants to understand the science behind canning while enjoying a day of good food and great company.

### What to Expect:

#### 1. Canning Basics:

- **Introduction to Canning:** Discover the history and basics of canning, including why it's an excellent method for preserving food for long-term storage.
- **Canning Equipment:** Get familiar with essential canning tools, such as pressure canners, water bath canners, jars, lids, and other supplies.
- **Safety First:** Learn about the importance of cleanliness and sterilization in canning to ensure your preserved foods are safe to eat.

#### 2. Canning Vegetables:

- **Selecting and Preparing Vegetables:** Understand how to choose the best vegetables for canning and prepare them properly to retain their flavor and nutrients.
- **Water Bath vs. Pressure Canning:** Learn the differences between water bath and pressure canning, and when to use each method for different types of vegetables.
- **Hands-On Practice:** Get practical experience canning some salsa!

#### 3. Canning Meats and Fats:

- **Preparing Meats for Canning:** Discover the process for safely canning meats, including chicken, beef, and venison, ensuring they stay tender and delicious.
- **Canning Butter and Fats:** Learn how to can butter and other fats to extend their shelf life and maintain their quality.
- **Pressure Canning for Safety:** Understand why pressure canning is essential for meats and low-acid foods to prevent harmful bacteria growth.

#### 4. The Science of Canning:

- **Acidic vs. Non-Acidic Foods:** Learn about the pH levels of different foods and how acidity affects the canning process.
- **Sea Level Considerations:** Discover how altitude affects canning times and pressures, and how to adjust your process for different elevations.
- **Understanding Botulism:** Gain knowledge about the risks of botulism in home canning and how to prevent it through proper techniques.



## 5. Creative Canning Ideas:

- **Flavorful Additions:** Explore creative ways to add herbs, spices, and other flavorings to your canned goods.
- **Gift Ideas:** Learn how to create beautifully packaged canned goods to give as thoughtful, homemade gifts.
- **Labeling and Storage:** Master the art of labeling your jars and learn the best practices for storing your canned goods to keep them fresh and accessible.

## Lunch and Wine Tasting:

After an afternoon of canning and learning, enjoy a delicious lunch featuring fresh, local ingredients. Unwind with a homemade wine tasting of our wine crafted right here at our retreat. It's the perfect opportunity to relax, savor, and enjoy great food and wine with your friends.

## Who Should Attend?

- Girlfriends looking for a unique and educational day out.
- Anyone interested in learning about food preservation through canning.
- Home cooks, food enthusiasts, and anyone who enjoys fresh, homemade goods.