

GROW IT EAT IT PRESERVE IT

These programs provide information to consumers so that they can make informed decisions about preserving food at home to maximize food safety and reduce the risk of food borne illness.

DRYING FOODS

October 9

3:00-4:15 PM

[Registration Link](#)

FREEZING FOODS

October 23

3:00-4:15 PM

[Registration Link](#)

Educators: Erin Jewell and Beverly Jackey

CAPTURE THE FLAVOR

Learn about the health benefits of cooking with herbs and spices, best practices for storing them safely, and how to flavor meals like a pro!

HERBS & SPICES

October 9

11:00 AM-12:00 PM

[Registration Link](#)

Educators: Erin Jewell and Cheryl Bush

Erin Jewell, MS, RDN, LDN

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