

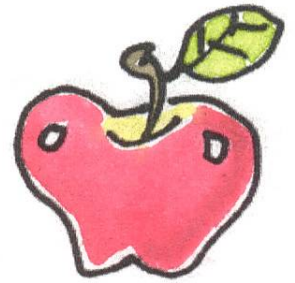


A project of the Eden Mills Millpond Conservation Association Inc.

Newsletter # 40 – August 20, 2010

*“Sustainable Summer!”*

## Food Preservation Workshop Saturday, September 11



**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!**

**Eden Mills Community Hall  
Saturday, September 11, 2010  
1 pm – 3 pm**

For information and to ***sign up asap*** please contact:

**Chris Wilson 519-856-2811**

[www.goingcarbonneutral.ca](http://www.goingcarbonneutral.ca)