



## **Four Seasons to Food Independence:** *Creative strategies for self-reliance through growing, harvesting and preserving your own food*

**A continuation of Wolfe's Neck Farm's "Do It Yourself" Series  
Fall 2009**

This is a collaborative community project of Wolfe's Neck Farm and University of Maine Cooperative Extension. It is a hands-on way to learn food preservation and other self-reliance skills in a relaxed setting that allows for plenty of fun, interaction, and discussion. For the food preservation classes, you'll bring home some freshly-made food for your winter larder, helpful easy-to-follow written materials about food preservation, and the ability to safely "put food by" in your own kitchen.

- Cost is \$20 per class and pre-registration is required.
- To register: call 1-800-287-1471 or 780-4205
- Work trade option available: contact Heather at Wolfe's Neck Farm 865-4363.
- All classes will be held at Wolfe's Neck Farm, 184 Burnett Road, Freeport, ME.

**Wolfe's Neck Farm JAMboree:** Friday Sept 11, 4:00pm-6:00pm

*Create delicious Maine blueberry jam in our version of the coast-to-coast community canning event, "Canning Across America."*

Fee: \$20. Work trade option available. Instructor: Beth Richardson, Master Preserver

**Freeport Has Way More than Just LL Beans:** Sat Sept 12 10:00am-12:00pm

*Make and can dilly beans, and learn about pickling as a form of food preservation!*

Fee: \$20. Work trade option available. Instructor: Beth Richardson, Master Preserver

**Salsa Fiesta!:** Mon Sept 21 6:00pm-8:30pm

*Discover new ways to blend local fruits and vegetables in salsas, and then learn how to can your creations!*

Fee: \$20. Work trade option available. Instructor: Beth Richardson, Master Preserver

**Freezing and Drying:** Wed Sept 30 6:00pm-8:00pm

*Learn simple never-fail techniques to preserve a wide variety of fruits and vegetables!*

Fee: \$20. Work trade option available. Instructor: Beth Richardson, Master Preserver

**Applesauce:** Sat Oct 24<sup>th</sup> 10:00am-12:00pm

*Did you know there are over 400 types of apples? Make half a dozen kinds of applesauce while you're here and bring some home for family and friends: smooth, chunk, spiced, unspiced, sweetened, unsweetened. You'll learn how to safely can your applesauce to preserve it through the winter!*

Fee: \$20. Work trade option available. Instructor: Beth Richardson, Master Preserver

**Creating Local Harvest Holiday Gifts:** Sat Nov 14<sup>th</sup>, 10:00am-12:00pm

*Create your own farm-made concoctions to use as holiday gifts, including red and green pepper jelly, herbal vinegar, and chutneys, or toppings. Learn valuable canning and preservation skills in the process!*

Fee: \$20. Work trade option available. Instructor: Beth Richardson, Master Preserver