

Choose from 3 Workshop Dates

All workshops will be held at University of Arizona Cooperative Extension, 4341 E. Broadway, Phoenix

October 20, 2009 - Tuesday

9 AM to 12 PM Preserving
1 to 4 PM Gardening

October 22, 2009 - Thursday

9 AM to 12 PM Gardening
1 to 4 PM Preserving

October 24, 2009 - Saturday

9 AM to 12 PM Preserving
1 to 4 PM Gardening

• Bring pressure canner lid to check accuracy of pressure gauge

Choose from 3 Dates

Check in 15 minutes before start

\$20 registration fee includes breaks & materials for each half-day workshop

Lunch on Your Own

If you have questions concerning access, wish to request a sign language interpreter or accommodations for a disability, please contact Mary Conner, 602-827-8200 Ext 353.



**Cooperative Extension . . .
Brings the University of Arizona
to YOU!**

**Maricopa -County
602-827-8200**

4-H Youth Development – Ext 328

Bone Builders – Ext. 316

EFNEP – Extension Food & Nutrition
Education Program – Ext 337

Call with food & home questions
Master Consumer Advisors - Ext 340

Call with gardening & plant questions
Master Gardeners – Ext 301

Project WET Ext 333

Walk Across Arizona – Ext 332

cals.arizona.edu/maricopa

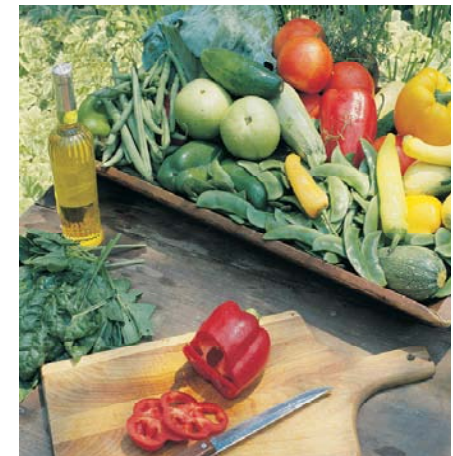


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GROW & PRESERVE YOUR OWN FOOD

Sustainable Living in
the Desert



cals.arizona.edu/maricopa

You can do It!

Dreaming about gourmet green or those sweet, juicy tomatoes, baby vegetables or sugar snap peas? Want to come home to food in your freezer or pantry? We'll teach you how!

Workshop Goal

- Growing and preserving your own fruits and vegetables in the low desert

Workshop Objectives

- Learn how to grow vegetables in the desert year round
- Learn about improving desert soils and water needs for vegetables
- Learn about equipment and procedures needed for safe food preservation
- Learn about current canning practices

Who Should Attend: New home gardeners or home preservers, experienced gardeners and preservers, people concerned about food safety or eating locally

Learn how you can grow your own salad bowl or preserve your own food



Preserving

TOPICS included in the three-hour workshop:

- Preserving your surplus for later
- Canning vs. Freezing
- Homemade salsas
- Canning meat & vegetables
- Canning safety & equipment
- Canning recipes for low sugar jams and salsa
- Long-term storage

Taught by Sharon Hoelscher Day, Area Extension Agent, Family and Consumer Sciences

**Select the Date and Workshops You Want to Attend!
Register early! Space is limited!**



Growing

TOPICS included in the three-hour workshop:

- Tips for selecting, planting and harvesting vegetables every month of the year from your garden!
- Growing organically and gardening practices to reduce pests
- Understanding soil preparation and irrigation challenges for successful vegetable gardening in the low desert
- Integrating 'edible landscaping' into your landscape

Taught by Pam Perry, Maricopa County Master Gardener

Registration

\$20 per half-day workshop or \$35 for full day Grow and Preserve Workshops
Registration due 3 days before the session you want to attend.

Register On-line

cals.arizona.edu/maricopa/fcs/food.htm
or

Mail check payable to: The University of Arizona with your name, address, email, phone and dates/times of the workshops you will attend to:

UA Cooperative Extension
Att: Growing & Preserving
4341 E. Broadway, Phoenix,
AZ 85040