WTNS Radio OSU Extension Update for June 3, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about food preservation, and as always look at some upcoming programs from OSU Extension.

Webinar Series

This year the OSU Extension Food Preservation Team is offering free webinars covering the "Traditions and Trends in Home Food Preservation." Social media has brought with it the ability for people to share lots of creative ideas and recipes for preparing food. When it comes to putting that food in a jar to store at room temperature for several weeks or months, then it is really important to know if the practice is safe. Some foods support the growth of harmful microorganisms that can result in foodborne illness.

There are four remaining webinars this summer with the next one tomorrow Tuesday, June 4 from 12:00-12:30 PM. The topic will be Trending Ingredients in Home Food Preservation. Then on June 18, I will be co-teaching the webinar with my colleague Sophia Carter about Trending Recipes in Home Food Preservation. There are also nearly 40 webinars dating back to the summer of 2020 on a wide variety of food preservation topics that you can find at our website coshocton.osu.edu.

Fact Sheets

If you are looking for trusted information to read quickly, then our fact sheet series may be just what you need. Ohioline.osu.edu has over 30 fact sheets on a variety of food preservation topics like canning, freezing, and dehydrating. Many of these focus on specific foods like fruits, vegetables, and meats.

In-Person Workshops

The freeze dryer has gained huge popularity in just a few years as smaller units are being produced both here in the US and around the world. Freeze-dried foods are light and portable, making them perfect for camping, hiking, and hunting. The freeze drying process is similar to dehydrating, but it is much more involved and requires special equipment.

This summer, I will teach a Freeze Drying Fundamentals class at Schumaker Farms on Tuesday, July 16 from 6:00-7:30 PM. We'll talk about equipment, logistics, and taste some freeze dried foods. OSU Extension in Morrow County is generously lending us their freeze dryer to prepare food for the class. Participants will be able to view the equipment and see how the control work during the class.

I will also teach a Canning Basics workshop at Schumaker Farms on Wednesday, August 7 from 6:00-7:30 PM. We'll talk about the differences between water bath canning and pressure canning, and why it is important to use the correct process to produce safe food. Participants will be able to view different types of canners, jars, and lids. We will also look at canning gadgets out there in the marketplace, some of which are helpful and some that just makes things more complicated. There will be lots of tested recipes and some samples to taste. These classes are free, but registration is required at coshocton.osu.edu.

Pressure Canner Dial Gauge Testing

Pressure canner dial gauges should be tested for accuracy each year. Over time as the canner lid is handled, bumped, and used, the calibration of a dial gauge can become inaccurate. Only the canner lid is needed for testing.

Please call the office at 740-622-2265 to schedule a free appointment to test your dial gauge. Plan for 15 minutes for 1 or 2 lids. Canners using weighted gauges do not require calibration, but I am happy to look them over if you have concerns. I am available for calls and questions any time. I especially like to troubleshoot any challenges you are having.

And now let’s see what else is new from OSU Extension.

4-H Junior Camp is July 5–9 at 4-H Camp Ohio. Junior Camp is for youth ages 8 and in the 3rd grade on January 1 through those in 7th grade on January 1. Cost for Junior Camp is $135 for all campers and registration deadline is this Friday, June 7. Please contact OSU Extension with any questions at 740-622-2265.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!