

Cooking and Preserving Seasonal foods for better eating!



Land Stewardship Project
Big Stone Local Foods Initiative
P.O. Box 273
Clinton, MN 56225

Registration Form for Workshops

Name: _____ Phone #: _____

Address: _____

E-mail: _____

Check all workshops/dates and locations you plan to attend:

Early Garden Produce: ___ June 12 (Graceville) ___ June 14 (Ortonville)

Quick Meals that taste great with summer veggies: ___ July 17 (Graceville) ___ July 19 (Ortonville)

Enjoying the great summer bounty : ___ August 14 (Graceville) ___ August 16 (Ortonville)

101 ways to use tomatoes: ___ September 11 (Graceville) ___ September 13 (Ortonville)

Pumpkins and squash: ___ October 16 (Graceville) ___ October 18 (Ortonville)

Getting the most out of your meat budget: ___ November 13 (Graceville) ___ November 15 (Ortonville)

Please complete this form along with \$15 per workshop payable to LSP and mail to Land Stewardship Project Big Stone Local Foods Initiative, PO Box 273 Clinton, MN 56225. Scholarships are available, contact John for details.

Cooking and Preserving

Seasonal foods for better eating!

Cooking and Preserving Seasonal Foods Workshop Series includes six monthly sessions from June to November 2012 featuring in-season whole foods, cooking and preserving techniques, healthy meal planning and ideas to save food preparation time and money.

WORKSHOP TOPICS AND SCHEDULE

June 12 (Tuesday) & 14 (Thursday): **Early Garden Produce - Salads, Rhubarb and Strawberries**

Featuring early summer produce such as salad greens, radishes, spinach, snap peas, asparagus, rhubarb, strawberries

Cooking technique and recipes including various salad dressings for fresh salads, preparing salad greens and other produce

Food preservation techniques including pickling and freezing fresh produce

July 17 (Tuesday) & 19 (Thursday): **Quick Meals that taste great with summer veggies**

Featuring midsummer produce such as summer squash, beans, peppers, new potatoes, chard, cucumbers, available berries

Cooking technique and recipes including stir fry with meat source, sauces for stir fry, quick meals

Food preservation techniques including quick cucumber pickles, dilly veggies, jam making

August 14 (Tuesday) & 17 (Thursday): **Enjoying the great summer bounty for now and during the winter months**

Featuring late summer produce such as corn, potatoes, cabbage, onions, various herbs

Cooking technique and recipes including fermentation and drying techniques

Food preservation techniques including storage information for potatoes and onions; freezing sweet corn and making sauerkraut/fermenting veggies

September 11 (Tuesday) & 13 (Thursday): **101 ways to use tomatoes (and a few other in season produce!)**

Featuring tomatoes....tomatoes...tomatoes [and sweet peppers, melons]

Cooking technique and recipes including roasted tomato sauce and other unique and fun methods

Food preservation techniques including canning various tomato products, freezing peppers and melons

October 16 (Tuesday) & 18 (Thursday): **Pumpkins and squash--more than a fall decoration!**

Featuring pumpkin, winter squash, apples, fall raspberries

Cooking technique and recipes including roasted stuffed Delicata squash "boats" and other squash and pumpkin uses

Food preservation techniques including cool storage fall crops for a long winter

November 13 (Tuesday) & 15 (Thursday): **Getting the most out of your meat budget**

Featuring cheaper cuts of meat, whole chickens, broth and stock

Cooking technique and recipes including roasting a whole chicken and ideas for leftovers

Food preservation techniques including making stock from bones and trimmings

Time: 5:30 p.m. to 8:30 p.m.

Locations: Tuesday workshops at CGB High School FACs Classroom, Graceville, MN
Thursday workshops at Ortonville High School FACs Classroom, Ortonville, MN

Register by calling John Hain at 507-269-6295 or e-mail at johnh@landstewardshipproject.org with the date and location or fill out form on reverse side. Registration fee is \$15 for each workshop payable to Land Stewardship Project. Scholarships are available, contact John for details.



This workshop series is hosted by the **Big Stone County Local Foods Initiative** that strives to make fresh & healthy local food choices accessible to the whole community through education, outreach, and infrastructure and market development. This Initiative is sponsored by the Blue Cross & Blue Shield of Minnesota Prevention Initiative in partnership with Land Stewardship Project and Big Stone Local Foods.