

## Food Preservation Workshop

On Saturday February 10<sup>th</sup> FARMED hosted a sold-out workshop on the topic of food preservation. The Workshop was facilitated by FARMED member, Paula Roballo-Corallo of Firefly Meadows Farm and was the 3<sup>rd</sup> workshop in the Winter workshop series made possible through funding from the Knowledge and Technology Transfer Fund. The workshop was delivered as a hybrid classroom and hands on learning model.



Participants in the workshop came from a variety of backgrounds and consisted of both absolute beginners and those who had been preserving for decades and everyone was excited to learn and share their experiences. The morning kicked off at 10 am sharp with a quick introduction to the evolution of preservation through history as well as the many benefits of learning to preserve food. The focus being on how to turn produce into a value-added product for increased revenue as well as how to reduce food waste.



From there participants we walk through the basics of food dehydration covering everything from DIY solar dehydrating to industrial level machinery. After reviewing techniques, equipment, safety, and storage the group assembled in the kitchen to explore some dehydrated foods provided by Firefly Meadows farm. Participants were encouraged to rehydrate, taste and even created some delicious flavoured popcorn using dehydrated vegetables and pickles.

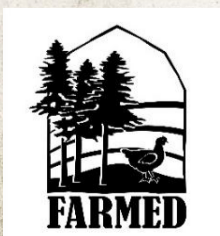
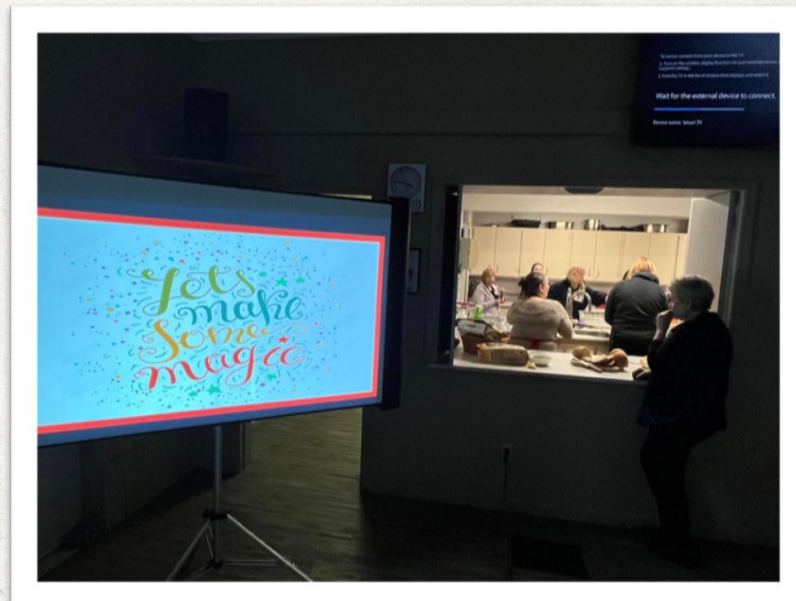
The next portion of the workshop focused on water bath canning. The group learned when water bath canning is safe and how to best prepare foods for this mode of preservation. A lot of time was spent answering questions, discussing controversial techniques, and dispelling myths about this popular preservation method. Then it was off to the kitchen again to make and can 2 recipes: zucchini relish and applesauce. Everyone got busy washing chopping and mixing and even got to try their hands at using some canning tools such as a food mill. With both recipes processed and cooling on the counter the participants returned once more to their seats for the final portion of the workshop.

The last food preservation method that was presented was fermentation and by far the most complex. After an overview of the evolution, historical impact and basic science behind fermentation, the group returned to the kitchen one more time to prepare some dilly carrots to ferment at home. While they worked, they were able to sample some fermented products that are produced at Firefly Meadows Farm including sourdough bread and black tea. They also had an opportunity to taste and explore the differences between fermented and canned salsa.



After 6 jam packed hours everyone went home with a jar of each of the preserves they made, handouts with important guidelines, safety information and recipes and full bellies. All the participants felt they had learned something new that they could incorporate into their lives and were eager to try some new preservation techniques at home.

Thank you to Firefly Meadows Farm and Cariboo Mountain Market for donating the materials to make the hands-on portion of the workshop possible.



*This story has been produced by FARMED  
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