

Sustainable Homestead Food Skills

Learn to preserve local excess fruits and veggies, and you'll never look at strawberries the same again! Homestead canning and pickling techniques have been all but forgotten, yet they make yummy and low environmental impact food at a price you can always afford. Food that's been processed this way is healthy and nutritious - and you can do it yourself.

Out of the different methods of preserving fruits and vegetables we'll focus on the most practical one that's perfect for the first timer. We'll look at effective ways of preparing, sterilizing, setting up a basic processing line, and will apply this to making strawberry/rhubarb jam & jelly and dill carrots. Once comfortable with these basic processes, you will see how they can be applied to several other fruits and veggies. All participants will get extensive hands-on practice, and each will go home with cans of their own self-made preserves.

10 participants maximum.

Co-ordinator: Diana Bockus

Diana Bockus is also known as the Canning Queen all around the area, and her production is the stuff of legends. A Certified Canning judge at different area fairs and a Grand Champion Canning and Pickling many years over, she practices what she teaches by being self-sufficient at her homestead for most of your food for the last 25 years. She and her husband Larry built their own homestead with their own hand, using mostly traditional homesteading practices. The same goes for Diana's 2-acre gardens that are home to all kinds of fruits, veggies and flowers, as well as 4 kids that grew up there very happily...

Diana loves good home-cooked meals made from their own home-grown produce with good (and usually extensive) company.

Those who wish to experience the homesteading ways more closely can book a room or the cabin at the Bockus B&B and stay a while.

URL: www.bockushomestead.ca