

## TO FIND & REGISTER FOR CLASSES

Note that there are often several sessions of the same class to choose from with different dates or locations. After selecting the class(es) you'd like to take, please register with the location where the class(es) will be held.



[www.urbanecologycenter.org](http://www.urbanecologycenter.org)  
1500 E. Park Place, Milwaukee, WI 53211  
414-964-8505

Register for classes after May 1st

Introduction:

Member: \$10 preregister, \$15 at the door

Non-member: \$15 preregister, \$18 at the door

Hands-on classes:

Member: \$30 preregister, \$35 at the door

Non-member: \$35 preregister, \$40 at the door

Questions: ask for Jamie Ferschinger  
[jferschinger@urbanecologycenter.org](mailto:jferschinger@urbanecologycenter.org)



[www.stmattslutheran.org](http://www.stmattslutheran.org)  
1615 Wauwatosa Ave, Wauwatosa, WI 53213  
414-774-0441

Call the office to register after April 19th.

Introduction:

\$10 preregister, \$15 at the door

Hands-on classes:

\$30 preregister, \$35 at the door



[www.fondymarket.org](http://www.fondymarket.org)  
2200 W. Fond du Lac Ave, Milwaukee, WI 53206  
414-933-8182 (Market) — 414-562-2282 (Office)

Preregister for the Peppers class at the market or by phone or email [lkingery@fondymarket.org](mailto:lkingery@fondymarket.org)

## OUR INSTRUCTORS

### Urban Ecology Center

**Annie Wegner LeFort** is a Master Food Preserver and has taught classes at Michael Fields Agricultural Institute, Bay View Community Center, South Shore Farmers' Market and Homegrown Chicago's Farmers' Market. She is a food blogger at [leforthomestead.blogspot.com](http://leforthomestead.blogspot.com) and pastry chef at Sheridan's restaurant.

### St. Matthew's Lutheran Church

**Jeanine Becker** is a life-long preserver with her commercial food license and is a Master Food Preserver. Jeanine is also the owner of Madam J's Sticky Finger Jams and Jellies and has taught classes at the Urban Ecology Center and Wauwatosa Recreation Department.

### Fondy Farmers Market

**Lisa Kingery** is a Registered Dietitian and Master Food Preserver with more than 10 years experience as a culinary educator

**Kimberly Njoroge** is a Master Food Preserver and has taught classes at Alice's Garden, Fondy Farmer's Market, and Walnut Way Conservation Corp. She's the Community Food Specialist at the Fondy Food Center, and ambassador for healthy cooking and eating in the community

Every Saturday June through October Lisa and Kimberly host the Taste the Season tent from 9:00 to 12:00 at the Fondy Farmers Market where they provide recipes, workshops, and advice on the how to cook local seasonal produce found at the market.

|               |   |          |               |
|---------------|---|----------|---------------|
| JAMS          | CHUTNEYS  | SALSA    |               |
| JELLIES       | 2011<br>FOOD<br>PRESERVATION<br>CLASSES   |          | FLAVORED OILS |
| FRUIT LEATHER |  |          | DRIED HERBS   |
| BABY FOOD     | <b>Savor the Taste<br/>of Summer</b>  |          | KRAUT         |
| BEANS         | Classes will be held at the<br><b>Urban Ecology Center</b><br>in Milwaukee          |          | PICKLES       |
| GREEN         | <b>Fondy Farmers Market</b><br>in Milwaukee   |          |               |
| TOMATO SAUCE  | <b>St. Matthew's Ev.<br/>Lutheran Church</b><br>in Wauwatosa                        |          |               |
| CANNING       | DRYING  | FREEZING |               |

## ENJOYING SUMMER ALL YEAR

Store the summer harvest and use its abundance all year long. Learn simple and effective techniques to preserve the flavor and nutrition of fruits and vegetables. Expand your pantry with new ingredients to use in meals. Create preserved goods for excellent homemade presents.

This series of classes will take students through the growing season and offer several ways to preserve food, including freezing, drying and canning. The hands-on emphasis of each class will be on hot water bath canning — a time-tested, inexpensive and space saving way to store food for the winter months.

### TUESDAY EVENING CLASSES AT ST. MATTHEW'S AND THE URBAN ECOLOGY CENTER

*Each class meets for one evening and will be offered more than once during the summer season.  
The same classes will be held in both locations on the same date.*

#### Introduction to Food Preservation

**May 24 or July 12**  
**6-8 pm (St. Matthew)**  
**7-9 pm (UEC)**

This class will explain the benefits and challenges of various food preservation techniques with an emphasis on hot-water-bath canning. The class will provide a lecture and demonstration with plenty of handouts, recipes and helpful tips. There will be no hands-on participation in this class. This class is the basis for all other canning classes this year.



#### First Fruits - Jams & Jellies

**June 7 or June 28**  
**6-8:30 pm (St. Matthew or UEC)**

Learn how to preserve the first fruit of the season to enjoy in the dark days of winter. This class will be a hands-on class where participants will experience canning berry fruits, such as strawberries, into jams and preserves. Included in the price of this hands-on class are all the canning materials, fruit and handouts with instructions, recipes and helpful tips.



The classes will provide everything students need to prepare, can and take home the results of their efforts. The fruits and vegetables will be picked fresh. Half-pint and pint jars and lids will be provided. All the kettles and tools necessary for processing will be available for use. Students only need bring their enthusiasm and curiosity and maybe an apron to each class.

***See the back of this brochure for more information about the class locations, prices and how to register.***

#### Tomato Fest

**Aug. 9 or Aug. 30**  
**6-8:30 pm (St. Matthew or UEC)**

At the end of summer tomatoes are delicious and plentiful — the perfect combination to put up jars of tomato sauce, tomato paste and whole tomatoes. Your winter soups and stews will never taste better than with your own preserved summer tomatoes. Included in the price of this hands-on class are all the canning materials, fruit and handouts with instructions, recipes and helpful tips.



#### Pickling Summer's Fare

**Sept. 13 or 20**  
**6-8:30 pm (St. Matthew or UEC)**

Canning fruits and vegetables in a vinegar base is an age old practice for preserving summer's harvest. The instructor will guide participants in their hands-on efforts to preserve such vegetables as green beans and pickles. Included in the price of the class are all the canning materials, produce and handouts with instructions, recipes and helpful tips.



## CLASSES AT FONDY FARMERS MARKET

### Ask the Master Canner

**Every Saturday, June 25 – Sept. 24 , 9 am - Noon**  
**Taste the Season Tent at Fondy**

Have you always wanted to preserve the taste and flavor of Wisconsin grown produce but were just a little confused by the techniques and words mentioned in your How-to Can book? Are you just a little intimidated by that pressure canner you purchased last year or overwhelmed by the choices of dehydrators? Come check out the equipment, get some Extension Recipe Booklets, and talk to master canners Lisa and Kimberly.

*No registration necessary. Free*



### Pickle a Peck of Peppers

**Tues. Aug. 30, 6-8:00 pm**  
**Class will be held at the nearby Walnut Way kitchen**

Peppers from hot to sweet are a delectable treat in summer. In this hands on workshop, learn how to pickle them, turn them into zesty and savory summertime sauces or transform them into unique and beautiful jellies you can't find at any supermarket. Learn how you can freeze them to use all year round. Included in the price is the cost for all ingredients, canning materials, recipes and handouts.

*Preregister. Cost is \$25*



### Canning and Dehydrating Demonstration

**Sat., Sept. 10, 9am - Noon**  
**Taste the Season Tent at Fondy**

September in SE Wisconsin means most everything is in season at the farmers market. Come to Fondy Farmers Market's Eat Local Celebration on the 2nd Saturday in September and learn to capture the season's harvest and eat local all year long. Come see hot water bath canning, dehydrating, and pressure canning and taste the delicious results. Master canners Kimberly and Lisa will be on hand to demonstrate proper techniques, offer recipe books, and answer questions.

*No registration necessary. Free*

