

You Can Do It...



Home Canning that is!

SUBMITTED BY: **LAURIE JARMER**

We all love those tomatoes that are starting to ripen in our gardens. The taste of homegrown is so rich and flavorful. Wouldn't you like to bottle up that taste and enjoy it all year round? There is a way to capture that flavor: You can, if you can.

Even if you don't have your own garden, you can enjoy better-tasting food if you buy from a farmer's market or another local source and can it yourself. If you do have your own home-grown tomatoes, many times there's more tomatoes ripening then you can eat fresh so canning is a great solution to not waste a single one.

Home canning is experiencing a resurgence these last few years. It is very cost effective once you purchase the initial supplies for canning and especially if what you are canning comes from your own garden. Besides a better taste, canning avoids the additives of commercial processed foods. Home canning also offers the ability to use fresh, great-tasting and hard-to-find ingredients, such as heirloom tomatoes or delicate peaches picked at the peak of ripeness.

Once again, Tualatin Community Garden, will be bringing to the community a canning class on Wednesday, August 22 from 7 – 9 at Boones Ferry Community Church on the corner of Avery St. and Boones Ferry Rd. in Tualatin. Laurie Jarmer, team leader of the community garden, will be teaching the class. Laurie first started canning in 1979 and in recent years preserves through canning much of the produce from her own garden. This class will be both lecture and demonstration. The basics of canning will be covered and then the class will focus on tomatoes: salsas, pastes, sauces, soups, dried, etc.

A \$10.00 class fee will be collected at the class. Pre-registration can be done online by going to the Tualatin Community Garden website at www.tualatincommunitygarden.com.



Laurie Jarmer has been a resident of Tualatin for over 20 years and is the team leader for Tualatin Community Garden.