



"Because Not All Radio Stations Are Created Equal"

**Chadrad Communications, Inc.**  
226 Bordeaux St - Chadron, NE 69337  
308-432-5545 fax 308-432-5601  
E-mail: [kcsr@chadrad.com](mailto:kcsr@chadrad.com)

**(Neb.)-UNL Extension To Offer An "Update Your Canning Skills" Workshop**



By: Roxie Graham-Marski Posted at: 09/05/2013 11:42 AM

(ALLIANCE)-Individuals are invited to "stay fresh" with the latest techniques for canning fruit or home-grown vegetables at an educational workshop provided by University of Nebraska-Lincoln (UNL) Extension. The "Update Your Canning Skills" workshop will be held Tuesday, September 10th, from 9:00 a.m.-12:30 p.m. at the Box Butte County Extension office, 415 Black Hills Avenue in Alliance.

Participants will update their canning skills or learn some new ones related to water-bath canning techniques, safe pressure canning, altitude adjustments, storing home canned goods, avoiding problems, and canning resources. Participants will also experience hands-on practice of safe food preservation techniques.

UNL Extension educator Jamie Goffena says canning is a perfectly safe way to keep in-season produce for use during winter. "Home canning is popular now for many reasons," she says, "whether it is for the fun of it, to save food costs, or to know what ingredients are in the food fed to your family. The process can be simple and safe when following the latest research-based information." Goffena and UNL Extension Educator and certified ServSafe instructor Jeanne Murray will be teaching the workshop.

Attendance is limited to the first 12 registrants, and registration forms are available from any local UNL Extension office. Those are due by Friday, September 6th. To request a registration form or for more information, contact Jamie Goffena at 308-432-5292, 308-668-2428, or [jgoffena2@unl.edu](mailto:jgoffena2@unl.edu), or Jeanne Murray at 308-762-5616 or [jmurray1@unl.edu](mailto:jmurray1@unl.edu).

--UNL Extension office