

Yes We Can Can Humboldt/Del Norte MFP Program



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ UC Master Food Preserver Program

Fruitful Partnerships

- Local School District Food Service



Fruitful Partnerships



Food for People, Inc.

11 hrs · ⚙️

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Last week, Food for People partnered with the University of California Cooperative Extension Master Food Preservers of Humboldt/Del Norte to provide a free canning class to community members at the Jefferson Community Center. From safe home preservation practices, to enjoying out-of-season foods year-round, students learned a variety of helpful tips. Participants also went home with their own tasty jars of preserved apple sauce and plum jam!

Interested in future nutrition education classes with Food for People? Contact our Nutrition Education Coordinator Kayla Watkins at (707) 445-3166 ext. 305 or kwatkins@foodforpeople.org for upcoming educational opportunities.

*A special thanks to the Jefferson Community Center for hosting us, and for allowing us to use their commercial kitchen!



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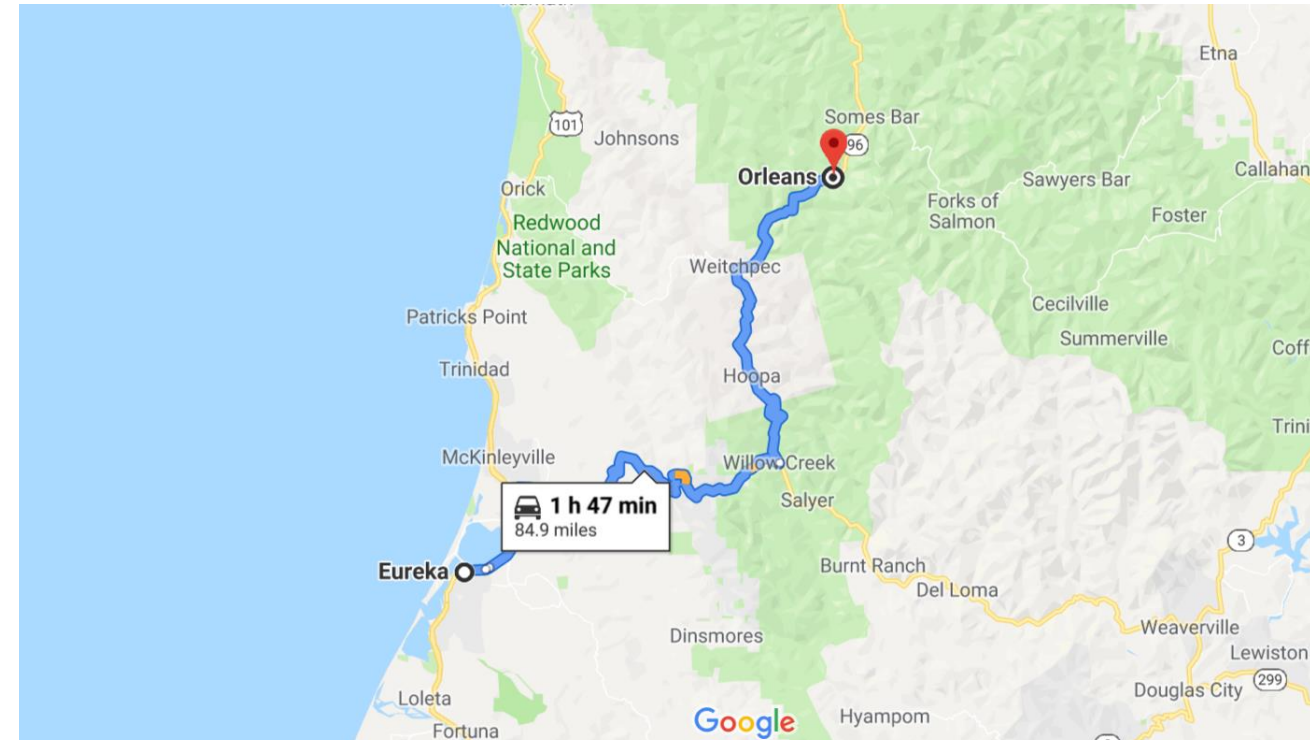
New Programming & Fruitful Partnerships

- Local Schools
 - Arcata High School Culinary Arts Program
 - In-School Jr MFP Program



New Programming & Fruitful Partnerships

- Tribal Communities
Karuk Food Security Division



New Programming & Fruitful Partnerships

- Junior MFP and Karuk Tribe



New Programming

- Local School
 - Orleans Elementary School
 - After-School Jr MFP Program



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New Programming

Free Food Demos

3rd Thursday Series - Preserve Today, Relish Tomorrow



19 SEP **Pressure Canning**
Learn how to pressure can tuna, beans & broth.



17 OCT **So Many Apples**
See different ways of preserving apples.



21 NOV **Gifts from the Kitchen**
Creative ideas for the holidays.



Humboldt/Del Norte Master Food Preservers
Master Food Preservers are trained through the University of California Cooperative Extension to share safe home food preservation practices and recipes with the public. This team of volunteers has planned demonstrations that make it easy to capture the bounty of seasonal foods to be enjoyed all year long. Delightful food tasting will be possible at many of the demonstrations!

All demos held from 5:30-7:30 pm
Humboldt County Agriculture Center, 5630 South Broadway (Humboldt Hill), Eureka. For more information: 707-445-7351 To sign up for these free workshops, go to <http://ucanr.edu/mfp>

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Preserve Today, Relish Tomorrow

Free Food Demos

3rd Thursday Series

Humboldt/Del Norte Master Food Preservers

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Waste Not, Want Not
Learn creative ideas for reducing food waste.

MAY 16



Jammin' with Pomona Pectin®
Make delicious fruit jams that are low sugar.

JUNE 20



Dehydrate Fruits & Vegetables
Healthy snacks without all the preservatives.

JULY 18



Hands-On Workshop July 20

Salsas & Chutneys
Proper techniques for water bath canning.

AUGUST 15



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UC Master Food Preserver Program

The Eureka Emblem Club presents

NO-KNEAD BREAD

3 Ways

This is a benefit for the Humboldt and Del Norte Counties University of California Master Food Preserver Program

This workshop is for everyone who loves great artisan bread... but doesn't think they have the time or know-how to make it. Three local bread enthusiasts will share the tips and tricks they have learned from years of no-knead bread making and will each demonstrate their favorite recipe. Participants will learn how to make **Linda's "My Mother's Peasant Bread"**, **Suzie's Kalamata Olive and Parmesan Cheese Bread**, and **Jennifer's gigantic sourdough loaf**. The delicious bread will be mixed, baked, and devoured along with homemade jams from the Master Food Preservers and local honey.

Fee: \$50. Includes sourdough starter with instructions for feeding and caring, tastings of each variety of bread, and a packet of recipes. The funds raised from this event will help improve and provision the Agricultural Center kitchen used by the UC Master Food Preserver program.

You may remember **Suzie Owsley** from the Whaler's Inn, Sea Grill, Pat's Place (now Gil's) or even Volpi's. Her love for cooking has led her to classes by the CIA (Culinary Institute of America), New Orleans Cooking School and Ramekins (Sonoma). As an Emblem member, she helped create a cooking class program at the Elks Lodge to raise over \$15,000 for their local charitable donations since 2015. Recently, Suzie has perfected a Kalamata Olive and Parmesan Cheese Bread.


Linda Barry's mother and grandmother were excellent cooks. One measured everything exactly, the other cooked by feel. Her love of bread took a serious turn when she was invited to a small gathering to learn the No-Knead method, and for the past 6 years she has experimented with different methods and types of flour. Linda has developed breads and rolls that have a relatively short rise, but the results are fantastic and they freeze beautifully.

Since 2009, **Jennifer Bell** has been the Host and Co-Producer of the KHSU Food for Thought radio show about locally produced food and food security issues. As one of the founders of the Master Food Preservers of Humboldt and Del Norte Counties (UCCE), she enjoys fermenting foods, including her sourdough starter George. Her giant loaves are made in a cast iron dutch oven with plenty of local grain – a No-Knead Evangelist, proudly wears her "I Love Gluten pin!"

Saturday, June 23
10:00 am - 2:00 pm
Agricultural Center
5630 South Broadway
(Humboldt Hill) Eureka

To register for this class,
<http://ucanr.edu/mfp>
 or call (707) 445-7351

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Fruitful Partnerships

- Local Non-Profits for Fundraising



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Fruitful Partnerships

- Local Non-Profits for Fun

FREE
for all ages!

the Great QUINOA RECIPE Contest

Saturday, September 15
3:00pm-5:00pm
Humboldt County Agriculture Building • 5630 South Broadway, Eureka

RECIPE CONTEST • THE QUINOA FILM SCREENING
LOW SUGAR JAM DEMONSTRATION • QUINOA TASTING • QUINOA Q&A

Prizes for:

- Best Appetizer
- Best Breakfast
- Best Salad
- Best Burger/Meatball
- Best Dessert

Interested in competing?
Winners will receive a crown and a prize!
Visit www.ucanr.edu/mfp or call (707) 822-5947 ext. 260.



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THAI QUINOA MEATBALLS

Ingredients

Meatballs

- 1 can (15 oz) chickpeas, drained, rinse
- 1/2 cup cooked quinoa

