



Essen, Kimberton Whole Foods and the Good Food Neighborhood Presents:

# Food Preservation Workshops

Join PASA's Good Food Neighborhood for a series of food preservation workshops. Hosted by Kimberton Whole Foods, these hands-on workshops will give you new ideas on time-honored traditions, introduce you to fellow foodies, and celebrate the bounty year round. Reserve your spot today!

## Puttin' up Pickles

**Tuesday, July 28th 6pm - 8pm \$45**

At Pickled, our first session, we'll learn an age-old technique and you'll never look at produce the same way again.

- Giardinara
- Pickled Sour Cherries

## Frozen

**Friday, August 21st 6pm - 8pm \$45**

Our second session will help you discover an underappreciated workhorse. (Menu to be announced.)

## Tomatoes

**Saturday, September 12th 3:30 pm - 5:30 pm \$45**

Tomatoes, our third session, will give you new ideas just when you thought you've had enough.

- Cooked Salsa
- Mediterranean Tomato Jam

## Puttin' up Holiday Gifts

**Saturday, Dec. 5th 3:30 pm - 5:30 pm \$45**

For our final session of the year, become the most popular person in your family when you exchange your homemade, wrapped holiday gifts. (Menu to be announced.)

### Really take it home.

All Food items and canning jars will be available for purchase at a discount on the day of the workshop.

### Reserve your spot!

To reserve online, visit [breathelivegrow.com](http://breathelivegrow.com) Select 'Reserve Now' and 'Cook with Essen'. Ring **717-391-8270** to reserve by phone.

[www.breathelivegrow.com](http://www.breathelivegrow.com)

[www.KimbertonWholeFoods.com](http://www.KimbertonWholeFoods.com)

[www.buylocalpa.org/gfn](http://www.buylocalpa.org/gfn)