

# Human Sciences Extension and Outreach REGION 10/11 NEWSLETTER

## Preserve Your Garden's Bounty

Spring is finally here and many gardens are being planted. Preserving your garden's summer bounty is a great way to enjoy home-grown produce year round – as long as you don't serve foodborne illness, like botulism, with your home preserved foods.

"Home food preservation is not difficult, but it does require following specific directions exactly," said Kelsey Salow, Human Sciences Specialist, Nutrition and Wellness. "Ignoring recommended procedures can result in home canned products that will make your family and friends very ill."

To help Iowans safely preserve foods, we are hosting a virtual Food Preservation 101 course. It's a general overview which highlights the key information Iowans need to know to get started preserving food at home.

During this free, one-hour online course, nutrition and wellness specialists will:

- Discuss various food preservation techniques – pressure canning, hot water bath canning, dehydration and freezing;
- Provide science-based, reliable food preservation resources; and
- Answer general food preservation questions.

This free online offering will be hosted numerous dates and times between May and September. [Register here](#) for Online Food Preservation 101!

## Regions 10-11 Human Sciences Specialists

Nutrition and Wellness: [Kelsey Salow](#)

Buy. Eat. Live Healthy: [Paula Wood](#)

Family Life: [Danielle Day](#)

Family Finance: [Phyllis Zalenski](#)

## Upcoming Events



### Food Preservation 101- Virtual

June 18, July 7  
August 20, September 10

### Small Change for Educators

Virtual workshop June 16  
Modules follow through July 15

### What About Me?

#### My Wellbeing- Virtual Series

June 3, 10, 17, and 24

### ServSafe (class limit 9)

June 18 - Cedar Rapids  
June 22 - Cedar Rapids  
June 29 - Cedar Rapids (Private)  
July 6 - Maquoketa  
July 9 - Dubuque  
July 16 - Cedar Rapids (Private)

### Question. Persuade. Refer.

#### Virtual - (General Public)

*Suicide Crisis Response*

June 16, 18, 23, 25, 30

[Registration](#)

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<https://www.extension.iastate.edu/news/>

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