

Preserve the Taste of Summer

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SPEAKERS

Speaker 3, Olivia Hanlon, Holly VanHeel

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- H** Holly VanHeel 00:15
Hello, and welcome to the Small Farms Podcast, a production of the Small Farms Program at Iowa State University Extension and Outreach. Our podcast covers the opportunities and challenges associated with rural life.
 - O** Olivia Hanlon 00:29
In this episode, I interview Holly VanHeel, Nutrition and Wellness Specialist for Iowa State University Extension and Outreach, and talk about the upcoming Preserve the Taste of Summer courses. I'm Olivia Hanlon, Farm, Food and Enterprise Development Extension Education Specialist, and welcome to the show. Holly, welcome. Thanks for being on.
 - H** Holly VanHeel 00:49
Well, thanks for having me.
 - O** Olivia Hanlon 00:51
Could you tell our listeners a little bit more about what exactly you do in your role for Iowa State University Extension?

H

Holly VanHeel 00:57

Sure, well my official title is Human Sciences Specialist - Nutrition and Wellness, and I provide both food safety, food preservation, and childcare trainings for constituents or clients within my region. I currently have nine counties in the west central part of Iowa.

O

Olivia Hanlon 01:18

That sounds wonderful. As part of that role, you are working with the upcoming Preserve the Taste of Summer Course Series. Could you tell us a little bit about those courses and your involvement in them?

H

Holly VanHeel 01:29

Yes, we actually just finished several classes, so to speak, online trainings, for Home Food Preservation one-on-one. And so it was just nothing more than an introductory. But we started to get a lot of questions about tomatoes, and also apples. And so now we have two specific topics. One is called 'All About Apples.' And the other one is 'Totally Tomatoes.' And we'll be talking about those during the month of October. And so with the end of the season, you know a lot of people, those home gardeners are seeing that what do I do with my tomatoes at the end of the season, or my peppers, or onions, that type of thing. And then also this is Apple season right now, the orchards are going crazy, you'll probably see pumpkins and squash and some of those fall produce items as well. But the two, the Totally Tomatoes and the All About Apples, we've got Totally Tomatoes happening on October 8th and also on October 12th. It's a free online training, and then our All About Apples is happening later in the month on October 22nd and 28th. Since it is Apple season, and we are in the peak of Apple production in many of the states, you may get, you know just a bushel or a big basket or a couple bags of them at your orchard and you're thinking okay, we can eat a few, but what are we going to do with the rest of them. And so this training will help you to decide, you know what you can do. We talk about drawing apples, we talk about making them into applesauce or apple butter. We also talk about you know, you can put them into jams like a delicious, maybe apple pear jam would be great. And don't forget about apple pie filling. And so we're talking about all of those, whether we freeze them, dry them or canned them during that All About Apples training. So we also talk about you know which ones are good for freezing because not all apples are good for freezing. And I love Red Delicious apples. But that actually is the only Apple variety that is best eaten fresh, as opposed to canning or freezing them. So we talk about some of those ins and outs, and then also provide you with the most up to date research as far as the best way and the safest way to can any of those apple products. For our tomatoes as well, you know you've got maybe some unripe tomatoes, what can I do with all those green tomatoes out there in the garden. And so we talk about canning them both

using pressure canner and also the boiling water bath canner. We also talk about drawing them and we also talk about freezing them and and what can we do. I know a lot of people are like well I just take the rest of my tomatoes and then I throw them in the pot with some celery, and some onions, and some peppers that I had leftover and I make a soup base and and how can I can that? And we have just the solution for that to make sure that it's safe while it's sitting there on the shelf. So I encourage you to come join us. We also talk about salsa because everybody thinks that their homemade salsa is the best recipe and I bet it is. But the best way to preserve that may not be what you may be doing in the past. With our research, there's been a lot of updates within the last few years, just to make sure that people are going to be safe. So we want to be able to share that information with our participants.



Olivia Hanlon 05:12

Of course, that sounds like a lot of great information that you guys will be covering. So you listed those dates earlier. But could you list those dates again, and then tell the listeners how they would go about getting involved with these courses?



05:25

Absolutely. So the Totally Tomatoes is showing a couple times on October 8th, one at ten in the morning, one at seven in the evening, and also on October 12th, ten o'clock in the morning, and I believe six or seven o'clock in the evening, as well. And then our All About Apples is October 22nd, and 28th. And we've got a couple showings each of those days as well. And the best way to find that information is to go to our website, we've got a wonderful page that talks about Preserve the Taste of Summer, which is our Home Preservation Course title, but you want to go to extension.iastate.edu/humansciences/preserve-taste-summer. And we've got our trainings listed on the right hand side of that web page. And you can click on the one that you're most interested in, you can sign up for all of them, they're free, they're about an hour long in length. And if you want to sign up for all of them, that's great. And we know that life happens, sometimes, you know, you have great plans that Yeah, I'm going to make it at that time and things come up. And so that's totally fine. Just go ahead and register for as many or as all as or just one or whatever. But go ahead and click on that date that works best for you. And then on that web page, it'll have how to register online.



Olivia Hanlon 07:00

Great. So with that registration, I'm assuming will come with their link to attend that

online webinar?

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Holly VanHeel 07:06

Yes, you'll get a quick confirmation that you've registered. And then we will also send you email that will also have some resources attached, and then just the web link on how to login to that program that evening or that day. And afterwards, then we'll also send you some additional resources, just in case you didn't get a chance to download them before.

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Olivia Hanlon 07:33

Absolutely, that sounds wonderful. So if our listeners are looking for any more information on these courses, where would they go about finding that? Or who could they get in contact with?

H

Holly VanHeel 07:45

You can call your local extension office and ask for the Nutrition Specialist. You can also go to that website, you could Google, 'Iowa State University Extension' and you could even just put in 'Preserve the Taste of Summer,' and it'll probably pop up. You could also just Google, 'Iowa State University Extension, Human Sciences.' And there you can look at a tab whether it's the food or nutrition or family or whatever interests you. We've got a lot of programs coming up this fall. So please feel free to look at that Human Sciences web page and if you see something that you might be interested in, go ahead and sign up.

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Olivia Hanlon 08:29

Well, I am extremely excited to hopefully get in on one or two of these courses. Is there anything that we didn't cover today that you'd like to add?

H

Holly VanHeel 08:39

You know, I think one of the things because we'll be talking about a whole bunch of different numbers and we're going to talk about altitude. A lot of people don't think about that when it comes to canning their products. We've got a lot of numbers, we've got a lot of times, that type of thing. And if nothing else, don't memorize anything. But what I would suggest is, if in doubt, go to either the Iowa State University Extension Publications page because we have a lot of Preserve the Taste of Summer Publications that are free to download or go to the National Center for Home Food Preservation and the recipes for all of your canning, freezing, dehydrating, all of those recipes are right there online free and

you can download those as well.



Olivia Hanlon 09:29

Awesome. Well thank you for all this great information today Holly and thank you for being on with us.



Holly VanHeel 09:35

Thank you for the opportunity.



Speaker 3 09:37

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