Master Food Preserver Class Schedule/Outline for Summer 2020

June 23-26, 2020 Roy High School FACS Kitchens

Tues. June 23 – Morning Session 8am-11:30am Introduction and course overview Introduction to food science and microbiology Canning Basics 	**All classes will be held at Roy High School, FACS kitchens…North West side of school—signs will be posted.**
Tues. June 23 – Afternoon Session Noon-3:00pm Canning fruits and pie fillings lecture and lab Freeze Drying—we will be prepping food for the freeze dryer and begin the freeze-drying process.	There will be a short 30 minute break <u>each day</u> between the am and pm session.
Wed. June 24 – Morning Session 8am-11:30am Jams and Jellies lecture and lab: pectin (liquids, powders, universal), jells, jar sterilization, and much more! Comparison of other non-pectin options and low sugar options will also be discussed.	**Hands on lab** with jams and jellies, conserves, spreads **Hands on** Freezer Jam
Wed. June 24 – Afternoon Session Noon-3:00pm Dehydration (drying) foods—fruits, veggies, and jerky. A look at food dehydrators…what to look for and consider in purchasing. Freezing--Discussion on pretreatments and prepping food for freezing…this is not the same as the freeze drying section.	**Hands on lab will include dehydrating –** fruits, vegetables and meats
Thurs. June 25 –Morning Session 8am-11:30am Pressure canning low acid foods – using the pressure canner for dry beans, soups, meats, and low acid mixtures. Reviewing the pH of low acid foods.	**Hands on lab includes pressure canning** of meats, soup, beans and vegetables.
Thurs. June 25 – Afternoon Session Noon-3:00pm Pickling lecture and lab…including fermentation.	Because fermentation requires a number of days/weeks the lab will be pickled products, but the lecture will include details and instruction on fermentation.
Fri. June 26 – All Day 8am-2:00pm Canning tomatoes and tomato mixtures…especially salsa and pizza sauce, pH, and acidification. Judging Lid Testing Final Exam	There will be a lunch break during this lecture and lab, but we will be focusing on tomatoes the better part of this last day.