

Agriculture Adventures For Families

We are now experiencing the bounty of fruits and vegetables from our summer gardens and local farm stands. Some of us have so much we can't possibly eat all that ripens each day. September is Hunger Action Month, a month where people all over America stand together with Feeding America and the nationwide network of food banks to fight hunger. Your family can help by donating produce from your garden to a local food pantry (call ahead to ask about drop-off days) or to your neighbors who may not have a garden. Here are other options to avoid wasting garden produce:



Canning

There are several methods used to can produce including water bath canning and pressure canning. For a quick overview of both methods, visit www.freshpreserving.com/canning-101-getting-started.html. Canning produce is very popular again with the rise in home and urban gardening, but it originated back in the time when Napoleon was emperor. His military was powerful but hungry and Nicolas Appert, a young chef from the region of Champagne, began experimenting with food preservation. His early techniques had him putting food into champagne bottles that were corked and sealed. He later progressed from using champagne bottles to wide-necked glass containers. In 1803 his preserved foods (which included vegetables, fruit, meat, dairy and fish) were sent out for sea trials with the French navy. By 1804, his factory had begun to experiment with signs of swelling. Those that didn't swell were deemed safe for sale and long-term storage. Appert's process involved placing food inside glass jars, that were then corked, much like wine, and sealed off with a wax seal. The jars were wrapped in canvas and then boiled. He submitted his invention to the French government and was announced the winner in January of 1810, some 15 years after he first began experimenting.

Baking & Freezing

Grab your favorite recipe that uses berries, zucchini and whatever else is growing in your garden and freeze breads, cakes, pies and more for use as gifts during the upcoming holidays.

Use some of your garden favorites to make Garlic Dill Pickles, Pumpkin Pecan Cake, or Fresh Garden Tomato Marinade. Find these recipes in our CCFB 2018 Recipe Collection or visit www.cookefb.org/discover-local/recipes.

Cold Pickling

Pickling is best done with super-fresh vegetables. Almost any vegetable can be pickled, and the shape you choose to pickle in is entirely up to you. For example, carrots can be peeled and sliced into matchsticks or coins. Cherry tomatoes are best preserved whole. The process is quite simple as it is basically a brining process. Examples can be seen by visiting:

<https://www.thekitchn.com/how-to-quick-pickle-any-vegetable-233882>

Arts and Crafts

If all else fails and you just can't eat another pepper or ear of corn, grab the paint and start making a craft with kids. Utilize corn cobs as paint brushes; use celery hearts, peppers and apples as stamps; or paint with wet soil. These are just some of the thousands of uses for your end of the season home garden.

Try these crafty corn ideas!!

www.firstpalette.com/Craft_themes/Food/cornprints/cornprints.html

www.firstpalette.com/Craft_themes/Food/cornprintsapron/cornprintsapron.html

Things to Do

- Compost
- Rake
- Make Garlic Dill Pickles
- Local Pantry Drop Off
- Buy glass jars

September Word Search

R A V G Y P S P Z B C G N V H V
V Y M H N N B R L W A N A G I A
V E Q E E I H P Z T N I T R F A
D F G D R U L W Y D N Z I A R T
E L R E N I T K H C I E O T W A
C A I G T O C X C V N E N K S X
G J E D J A P A F I G R W U A K
F R L O U M B A P M P F I Z V G
S T F A R C R L P F E E D I N G
G S Y P D M N F E Z Q N E F A F
J N E X S N P L R S U H U K C T
I Q I T R E B M E T P E S J I C
K K A K K E O S B R Z D F U F T
X N T K A C K Z P C A L R P H C
D R Z C D B P J Q L W F D Z W O

Fruit

Vegetables

Gardens

Farm Stand

Feeding

America

Nationwide

Hunger

Crafts

Canning

Pickling

Baking

Freezing

September

Canvas

Art

Name: _____

Phone #: _____

Membership #: _____

(Membership # is located on front of paper)

Deadline is the 20th of each month.

Last month's word search winner is

Candice Conner

Congratulations!!!!