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# Hands on Canning

Cans, and Lids, and Timing, Oh My! Food preservation without the stress! Join us for a beginners canning class.

Fresh summer veggies are the best, but you don't have to stop enjoying them when summer ends. Whether you grow your own, or pick them up at the market, canning is a great way to have that fresh, from the garden, taste all year! Join us as we learn the basics of water bath canning for fresh produce, and pick up some tips for the rest of your summer favorites.

Class will be held at the Oriental Free Will Baptist Church (600 Ragan Rd, Oriental, NC 28571) on [Wednesday, August 30th, from 12 pm to 3pm](#). There is no registration fee, but please call or register online at least three days prior to the class to secure a spot and allow time to purchase necessary supplies.

<https://goo.gl/forms/qCf1xiZ1yP4lyBDg2>

For more information Contact Pamlico Cooperative Extension  
252-745-4121

