Things I Hope to Do and Learn This Year

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New Ways I Used What I Preserved in Meals or Snacks

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Ways I Shared What I Learned

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Prepared by Barbara Boltes, former Extension 4-H and youth development specialist, Oregon State University, with the assistance of the 4-H Home Economics Development Committee.
What I Did in Food Preservation
(Check all that apply.)

_______ Boiling Water Canning (fruit, tomato)
_______ Pressure Canning (meat, poultry, fish, vegetable, tomato)
_______ Drying (fruit, vegetable, meat, herbs, leathers, other)
_______ Pickling (fermented, quick, relish, fruit)
_______ Jams, Jellies, and Preserves (regular, low sugar, freezer)
_______ Freezing (fruit, vegetable, meat, main dish)

New Skills I Learned in Food Preservation
(List and explain some new skills from the boxes you checked above.)

Amounts of Food Preserved

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
<th>Food preserved</th>
<th>Way of preservation</th>
<th>Time (and pressure)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample: 8/18/98</td>
<td>5 cups</td>
<td>zucchini</td>
<td>drying</td>
<td>12 hours on high</td>
</tr>
</tbody>
</table>

For most current information: http://oregon.4h.oregonstate.edu