



Newton Free Library

The door to your imagination

Tuesday, September 28 7:30 pm

Druker Auditorium



Canning and Preserving Garden Fresh Vegetables



(or how a city mouse learned to be a country mouse)

Lisa Janice Cohen



The words *local* and *seasonal* have become rallying cries in the food wars. Inspired by books such as Michael Pollan's *The Omnivore's Dilemma* and Barbara Kingsolver's *Animal, Vegetable, Miracle*, people have been re-discovering farmers' markets, local farms, and CSAs (community supported agriculture).

It's easy to eat local strawberries in June or local tomatoes in August, but what's a New Englander with a local food habit to do in the bleak months between the final fall harvest and the return of spring?

Preserving seasonal bounty is the answer. Using a combination of canning, freezing, dehydrating and pickling, even New Englanders can enjoy seasonal food all year round. In a program titled *Canning and Preserving Garden Fresh Vegetables (or how a city mouse learned to be a country mouse)*, Lisa Janice Cohen will discuss the practice of preserving, provide resources for further learning and tell the story of how one self-described 'city mouse' who could barely boil water, has become committed to preserving.



Lisa Janice Cohen is a Newton poet, novelist and local food fan. She has had a seasonal share at the Newton Community Farm since its first season. For more information visit newtoncommunityfarm.org.

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