

OSU Extension

FAMILY & COMMUNITY HEALTH



We hope you are staying cool in the heat!

This month we are featuring Corn. Here are the monthlies in [English](#) and [Spanish](#). The Corn Pancakes recipe on the monthly is Kid Approved and delicious!



FCH Program Clackamas County Updates:

The Library of Things

On September 17th, our team will be at the Oregon City Library during their soft launch of the Library of Things program. It's an opportunity for people unfamiliar with equipment, and the program to look and ask questions.

OSU Extension Service Family & Community Health Program is equipping the Estacada, Lake Oswego, Milwaukie, Oregon City, and Sandy libraries with basic canning equipment and utensils - water bath canners, pressure canners, and dehydrators, along with the instructions for their proper use and care. Each library is developing an inventory based on a county-wide public survey, so the items found at each Library of Things will vary. In addition, tested recipe resources including cooperative Extension Services publications are available for download. The goals of the Library of Things are to promote lifelong learning by supporting new experiences, bring people together, promote sustainability, and reduce waste. For more information on the Library of Things visit www.lincc.org.





Boiling Water Canning, Pressure Canning, and Pickling Classes

Class details: Classes are hands-on and size is limited. Pre-registration is required. Contact OSU Extension Service at 503-655-8634 for additional information.

Courses include research-based publications on a thumb drive, recipes, and your own product to take home. Course fees are nonrefundable. Scholarships are available.

Each class is \$30 for an individual and \$45 for two people sharing the same resources but making individual products.

Location: OSU Extension Service Annex, Clackamas County
200 Warner-Milne Rd., Oregon City, OR 97045

Boiling Water Canning Saturday, August 24 9:00 AM – 12:30 PM

Preserve your harvest with a Boiling Water Canner. We'll discuss equipment needs, recipe resources, and learn how to can high-acid or acidified foods, such as fruit or tomatoes, using research-based food preservation techniques.

Pressure Canning Saturday, September 14 1:00 – 4:00 PM

Preserve your harvest with Pressure Canning. Learn the safe and simple process of pressure canning low acid foods like meat, fish, broth, and vegetables. We'll discuss care and proper use of a pressure canner, recipe resources, and practice research-based techniques while processing vegetables.

Pickling and Fermenting Saturday, September 28 9:00 AM – 12:30 PM

The art, and science, of Pickling. This class covers safe procedures for pickling vegetables, including the difference between fermented and fresh-pack pickles, and selecting and preparing ingredients. We'll discuss equipment, flavor profiles, and use research-based techniques while creating a fermented pickled vegetable to take home.

Harvest Dinner at NWREC

On September 20th our volunteers will be helping at the Harvest Dinner at the North Willamette Research and Extension Center (NWREC), where the farm-to-plate dinner utilizes produce from field experimental trials and tells the story of the work on the farm. This year's theme is OSU over decades and featured foods include research from across OSU.



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SNAP-To-It at the Oregon City Farmers Market

Every second Saturday, August 10th this month, Kelly Streit leads the “Know Your Farmer, Know Your Food” tour of the market starting at 9:30 am. Participants get to taste a Food Hero recipe prepared by a chef with ingredients from the market and use their double up bucks.



Farmers Market Resource Tables

Family Food Educators will be staffing tables at local farmers markets to answer all your questions about food resource management and preservation in the next couple months. On August 18th they will be at the Milwaukie Farmers Market and on September 12th they will be at the Molalla Farmers Market. In Molalla, bring your pressure canners for tests.



Summer Kids in the Kitchen

Kids in the Kitchen was a hit this year at both Molalla Elementary School and the Oregon City Public Library, where the program is wrapping up in the next few weeks. 64 kids participated in Molalla and 16 in Oregon City, learning how to prepare Food Hero recipes like the [Barley Summer Salad](#) and [Turnip Pancakes](#), both of which the kids loved trying.

Flavored water tastes great, is
low-calorie and may be low-cost



Sandy Public Library and DHS Partnership

We are pleased to partner with the Sandy Public Library and DHS through a couple programs. We are bringing BEPA 2.0 games to kids in Sandy with a library partnership, and bringing Food Hero recipe samples to people meeting with the DHS representative in the library. We will have samples of Flavored Water with water bottles for everyone coming in for a meeting on August 13th and again on September 5th. We hope to see you there!

Free Food Market at Beaver Creek Clinic

Participants at the Free Food Market rode the blender bike and sampled the Strawberry Swirl in August. Our team will be back on September 3rd with a new and exciting recipe for people to try as they wait for their numbers to be called. We are excited about this partnership with the clinic and Oregon Food Bank.



Back to School Night and Summer Registration

On August 16th our team will be at River Mill sharing a Food Hero recipe and talking with families about our school nutrition classes, and on August 13th and 14th we'll be at Estacada Middle School signing up students for the Kids in the Kitchen afterschool program.

Thanks as always for your partnership,

The Clackamas FCH Team: Kelly Streit, Stephanie Stuart, Elena Illescas, Buffy Rhoades, Katlyn Axmaker, and Erin Devlin



Oregon State University
Extension Service