



2026 FOOD CANNING WORKSHOPS

Interested in creating food security in North Kohala?

Want to learn the right (and safe) way to can the local food grown here?

APPLY ONLINE TODAY to learn the science behind canning and the proper techniques for water bath or high pressure canning using tested recipes to preserve delicious stews and other dishes. Foods canned properly are shelf stable without refrigeration! **Apply - <https://bit.ly/45PzG3r>** or scan QR code

WHO SHOULD ATTEND - Anyone who wants ready-to-eat nutritious food on hand, young families, those caring for kūpuna, people interested in local food, those with an excess of produce or fruit from their yard, and anyone who would like to be prepared for natural disasters.

COST - Donation of \$10 to secure your spot and to support the Kohala Ono Foods Hui.

- **Workshop 1** - Water bath method - two-day workshop
Saturday, Feb. 21 (8:00 am - 5:00 pm) AND Sunday, Feb. 22 (8:00 am - 9:00 am)
- **Workshop 2** - High pressure method - two-day workshop
Saturday, Feb 28 (8:00 am - 5:00 pm) AND Sunday, Mar 1 (8:00 am - 9:00 am)
- **Workshop 3** - Water bath method - two-day workshop
Saturday, Mar 5 (8:00 am - 5:00 pm) AND Sunday, Mar 6 (8:00 am - 9:00 am)
- **Workshop 4** - High pressure method - two-day workshop
Saturday, Apr 11 (8:00 am - 5:00 pm) AND Sunday, Apr 12 (8:00 am - 9:00 am)
- **Workshop 5** - Fermentation & pickling (no canning) - one-day workshop
Thursday, May 21 (8:00 am - 5:00 pm)



**SCAN QR CODE
TO APPLY FOR A
WORKSHOP!**

PRESENTED BY



IN PARTNERSHIP WITH



KAPANAIA
FARMS



ST. AUGUSTINE'S
Episcopal Church in Kapa'au, Hawai'i

GRANT FUNDING FROM



**THE
FOOD BASKET**