

Living  
Well

RUTGERS COOPERATIVE EXTENSION of SOMERSET COUNTY  
NEW JERSEY AGRICULTURAL EXPERIMENT STATION

# COUNTY VISIONS

FAMILY AND COMMUNITY HEALTH SCIENCES

July 2015

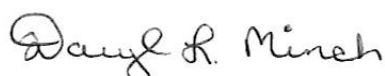
Happy summer! It's time to enjoy gathering with family and friends, outdoor activities and *Jersey Fresh™* produce.

As more people garden, have CSA shares or frequent farmers' markets, more people want to learn how to preserve their harvest. So, FCHS is proud to have 21 newly trained *FCHS Master Food Preserver Interns* (FMFP) from 11 counties! These enthusiastic volunteers participated in 3 days of training to learn how to safely can, freeze and dehydrate food. They canned strawberry jam, green beans and pickled cauliflower, and dehydrated fruit and veggies. Now they're ready to work with local FCHS department members to share their knowledge and skill with others at exhibits and in workshops.

FCHS wants to be sure consumers use safe home food preservation methods to prevent foodborne illness, to increase consumption and use of locally grown produce throughout the year, and reduce food waste. Talk to the FMFPs at the FCHS and RCE booth in the County Tent at the Somerset County 4-H Fair, at the Great Tomato Tasting on August 31 and at the August 18 Salsa workshop here in Somerset County.

I hope you enjoy this issue of *Visions*. Visit our redesigned RCE of Somerset County website too. <http://somerset.njaes.rutgers.edu/>

Be Well,



Daryl L. Minch



Contact your local Extension Office for information regarding special needs or accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 732-932-5000, ext. 584

"Somerset County Visions" advises county residents about current FCHS programs and publications.

Available by contacting: FCHS Rutgers Cooperative Extension.  
Ted Blum 4-H Center, 310 Milltown Rd., Bridgewater, NJ 08807  
908/526-6295 Fax: 908/704-1821

County website: [somerset.njaes.rutgers.edu](http://somerset.njaes.rutgers.edu/) / State website: [www.njaes.edu](http://www.njaes.edu)

Available on the web. Contact our office if you need a print copy

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## Preserve the Harvest: Salsa



Thursday, August 18  
6:00 pm - 8:30 pm  
Cost: \$10 food

Learn to make salsa in glass jars.

Learn why safety is critical; sources for safe and reliable recipes; equipment and proper techniques.

**Participants will help make and can salsa.**

Class size limited.  
Handouts and a jar of salsa to take home.



Location: Ted Blum 4H Center, 310 Milltown Road, Bridgewater, NJ 08807  
To register: e-mail [lconley@co.somerset.nj.us](mailto:lconley@co.somerset.nj.us) or call 908-526-6295  
**Preregistration and payment by check or cash is required before class.**



**SOMERSET COUNTY, NJ**  
**4-H FAIR**  
**August 10-11-12, 2016**

Come visit **FCHS** in the County Tent at the 4-H Fair!

Play a game, learn about our programs and classes, check out our Food Preservation/Canning display!

**Volunteers** are needed to help staff our booth from 10 AM until 10 PM daily

If you are interested, please e-mail [lconley@co.somerset.nj.us](mailto:lconley@co.somerset.nj.us) or call 908-526-6295

## Great Tomato Tasting



Taste over 80 varieties of tomatoes.  
FCHS will have a salsa tasting and information booth.  
Come meet our new FCHS Master Food Preservers.

**August 31, 2016**  
**3:00 – 7:00 pm (Rain or Shine)**  
**Snyder Research & Extension Farm**  
**140 Locust Grove Road**  
**Pittstown, NJ 08867**

For more information and to register, visit our website:

<http://discovery.rutgers.edu/events/2016/snyder-farm-open-house-great-tomato-tasting.html>

Admission \$7.00 per person, free for children under 10  
(cash or check only, service dogs only please)