

PRESS RELEASE

FOR IMMEDIATE RELEASE

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FREE CANNING 101 Workshop in Jay

Jay, NY. – Ward Lumber is hosting a free Canning 101 Workshop at their Jay Store location on Tuesday, July 26 at 6:00 pm.

Canning 101 will cover all aspects of learning how to can, the benefits of canning, the different ways to use different items and the health value that canning has. For people who have thought about canning and have yet to try it or even for those of you who have canned and want some great tips and tricks this workshop is a must!

The presenter is Karen Bouchard Braun. Karen, along with her husband Francisco, have owned Shady Grove Farm and Wellness Center, a CSA, offering vegetable, meat and egg shares in Schuylers Falls, NY since 2006. As a Master Food Preserver, Karen is able to preserve the harvest in a fun and easy way so her family and friends can enjoy the benefits throughout the year. Come learn how to get the most out of this year's harvest and to nutritionally provide for your family in an economic way.

The event is free. To register, go to WardLumber.com or call Kim at 946-2110, X120.

Ward Lumber is a local family business that has been in service for over 125 years. Its building supply stores are located in Jay and Malone, NY. Ward Lumber is one of the largest private employers in Essex County, and manages over 6,000 acres of timberland and operates one of New York State's largest white pine sawmills and planing mills.

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