

NORTH BEACH



PRESENTS



DEHYDRATION 101

Saturday, July 8th

11:00AM to 1:00PM

North Beach Community Center/GHFD#8

(4576 State Route 109, Pacific Beach 98571)

Summertime in the Pacific Northwest is the BEST time to start preserving your favorite fruits and vegetables. How would you like to learn to make your own HEALTHY fruit leather, or beef teriyaki jerky?

Have you bought a dehydrator but haven't learned how to use it? Bring it with you! Are you unsure what kind to buy? We can help.

Recipes and samples will be given out. Students will learn how to prep different types of foods for dehydration. These will include, fruits, vegetables, fungi and meats.

The cost is only \$10 per person and covers handouts, samples and supplies. You can register online at www.NorthBeachCERT.org or contact Stephanie Allestad at 360-276-0009 for more info.