

Next Women on the Farm Workshop set for November 2– Freezer Cooking

What's for dinner? This question probably gets asked in most households every night by every family member. If you are the preparer, you may even ask this question. The Women on the Farm group would like to help take the guesswork out by offering a Freezer Cooking Workshop on November 2nd at the Haas Building at the Pawnee Co Fair grounds in Larned.

Freezer Cooking is when you cook a bunch of meals at one time to put in your freezer and then pull out as need be. Each participant will walk away from the day with 8 meals to put in their freezer. Each meal will serve 5 people with some left overs. We will be making Honey Rosemary Chicken, Green Chile Pork Tacos, Beef & Creamy Potato Casserole, Chicken Pot Pie, Cheesy Ham & Potatoes, Swiss Steak & Veggies, Breakfast Casserole, and Pizza Casserole. Each participant is asked to bring a knife, cutting board, measuring spoons, liquid measuring cup, and a box/cooler to take all of your meals home in! This will be a productive morning and a great way to get all of your week's cooking done! An added bonus is we are doing all of the grocery shopping for you.

This method of cooking is a great way to save time and money. Because we are buying in much larger quantities, we can stretch the food dollar. By spending a morning as a large group making this happen, it will help free up your evenings to relax or get to a project you have been meaning to do!

We will have people register at 8:30 a.m. and start cooking at 9:00 a.m. We hope to finish around noon. Please RSVP by October 28th to Pawnee County Extension at 620-285-6901. Space is limited and there is a 75.00 fee to cover the costs.

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