



NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: August 19, 2019
Contact: Nate Anderson, Library Services Specialist
360.417.8500 x77; NAnderson@nols.org
Re: Fearless Pressure Canning
Attached: 9-20-18-PA-Sourdough.JPG

Fearless Pressure Canning will be held at the Port Angeles Main Library on Wednesday, September 4 at 6:30pm, and the Sequim Branch Library on Monday, September 9 at 6:30pm. Have you ever wanted to use a pressure canner, but had misgivings about safety? Most people, even those experienced with water-bath canning, are fearful of pressure canning. And no wonder, with all the horror stories and confusing information out there! The fact is, pressure canning is the only way to safely preserve low-acid foods like meats and vegetables at home. Local author Victoria Redhed Miller, who uses her pressure canner year-round, wants to convince you to set aside your fears and try it for yourself. Come prepared for a fun, fast-paced class and leave with a new resolve to dust off that pressure canner and put it to good use. There will be time for questions, and a helpful handout to take home.

Registration for these programs is required. Visit nols.org/pressure-canning, or call your local NOLS branch to register.

About Victoria Redhed Miller

Victoria Redhed Miller is a Certified Master Food Preserver and has been canning for over 40 years. She is the author of *From No-Knead to Sourdough: A Simpler Approach to Handmade Bread*, *Pure Poultry*, and the award-winning *Craft Distilling*. Victoria is a regular speaker at sustainable-

living events around the country, as well as locally. She lives with her husband on an off-the-grid farm near Sequim.

This program is made possible by the generous support of the Port Angeles Friends of the Library and Friends of Sequim Library. The Port Angeles Main Library is located at 2210 South Peabody Street. The Sequim Branch Library is located at 630 North Sequim Avenue. To learn more about this program, visit www.nols.org and select “Events,” or contact the library by calling 360.417.8500 or sending an email to Discover@nols.org.



Victoria Redhed Miller returns to NOLS to teach pressure canning.

Image: Miller at 2018 Sourdough program

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