



Glass Rooster Cannery
Jeannie Seabrook
614-499-2958
Glassroostercannery.com

I want to share a special class we have on the calendar for this month: "Gluten Free Meals"

This class is for anyone interested in cutting the amount of whey they consume, whether one's motivation is because of allergies or pursuing better health. Our guest teacher, Karin Hohl, has been gluten-free since being diagnosed with Celiac's Disease more than five years ago. An excellent cook, she will lead us in delightful recipes easy to duplicate at home. The class will take place Friday, October 14 at 6:30 PM. Space is limited, so please call to reserve space for yourself and a friend.

Recipe of the Month: Cabbage Soup

½ Head of cabbage, cleaned and chopped

1 Quart of Tomatoes

1 Medium Onion, chopped

1 Green Pepper, chopped

4 Large Carrots, peeled and chopped

4 Celery Stalks, chopped

3 Tbls. Fresh Parsley, or 1 Tbls. Dried Parsley

2 Tbls. Worcestershire Sauce

2 Tbls. Lemon Juice

Salt and Pepper to Taste

Optional: 1 Lb. Ground Meat-Turkey, Beef or Sausage

Directions: Brown Meat in large pot. Drain grease and add remaining ingredients. Bring to boil, stirring occasionally. Cover and simmer 40 minutes or until carrots are soft. Serve warm. Great frozen or pressure canned.

Upcoming Events

Look forward to an ongoing schedule of events through the year at the Cannery. We are currently offering classes on canning jam, cabbage and soups as well as meats, both wild and domestic. We also host classes on holiday meal planning, gifts from the kitchen and cooking with kids. Plan on scheduling "Cooking From Your Pantry" and holiday parties in December.

The Cannery is a great place to plan for a private party. Looking for a one-of-a-kind evening with a group of friends? We will design a menu specifically to your tastes. Parent/child classes focus on empowering kids to use

what they learn at home; College Students enjoy our "Cooking For One-Healthy Living"; One of our most popular events is a full menu of appetizers for dinner, complete with recipes to take home. For more information, call the Cannery at 614-499-2958 or 740-815-4324.

October 2011

Saturday, October 1, 10:00 AM We Can! Waterbath Basics.

We will be canning jam.

Monday, October 3, 6:00 PM We Can! Waterbath Basics.

Join us for an end of the garden pickle.

Tuesday, October 4, 6:00 PM Pie Making.

Ever wonder how to get the perfect crust? Join us to try a few recipes and decide which one is right for you.

Saturday, October 8, 10:00 AM We Can! Pressure Canning.

Let's pressure can meat and talk about ways to use it for instant winter meals. Taste testing is encouraged!

Monday, October 10, 6:00 PM We Can! Waterbath Basics.

We will be canning jam using the class choice of berries from our garden, hand picked and flash frozen for freshness.

Tuesday, October 11, 6:00 PM Cooking with Herbs.

Learn how to season with herbs, try your hand at turning a basic sauce into several tasty meals simply by changing the herb mix.

Thursday, October 13, 10:00 AM TaDa! Pasta Making.

Let's make homemade pasta and create sauces to savor it with. Toss a salad, add dessert...awesome.

Friday, October 14, 6:30 PM Gluten-Free Menu

Concerned about the negative affects of whey in your diet? Have a friend or family member with allergies to wheat, but are baffled on what to serve them? This is the class for you! Parmesan Crisps, Apple Berry Salsa w/ Brown Rice Tortillas, Pork Saltimbocca with Bacon and Capers, Flourless Chocolate Cake w/ Fresh Whipped Cream and more...eat well, gluten free!

Saturday, October 15, 10:00 AM We Can! Waterbath Basics.

We will be canning jam using the class choice of berries from our garden, hand picked and flash frozen for freshness.

Monday, October 17, 6:00 PM Late Harvest Meals.

We will use the last of the garden to produce a delicious dinner and eat our fresh meal together.

Tuesday, October 18, 6:00 PM We Can! Waterbath Basics.

We will be canning jam using the class choice of berries from our garden, hand picked and flash frozen for freshness.

Saturday, October 22, 10:00 AM Pies and More.

We will make the perfect crust and fill them with delights for the season.

Monday, October 24, 6:00 PM Cheese Making.

Mozzarella Cheese and Appetizers are on the menu for dinner tonight!

Tuesday, October 25, 6:00 PM Thanksgiving Recipes!

The holidays will soon be here. Let's focus on how to make a turkey and the fixings and share our meal together.

Thursday, October 28, 10:00 AM Kids CAN Cook!

Drop off your child, age 5-12, to learn how to make a scrumptious meal they can show you how to make later! This class focuses on healthy eating, ingredients and fun in the kitchen.

Saturday, October 29, 10:00 AM Stone Soup

"My cupboard is bare—let's go out tonight." Maybe, but what if you could turn your seemingly empty shelf into a great meal—would you still go out? Most of us have those items on our shelf that don't go with anything else. What do we use them for when the original idea is long gone? This class will look at combining ordinary things to make an extraordinary meal in a flash.

Tuesday, November 1, 6:00 PM Sweet Treats for Now and Later

Let's make deserts! In this class we will make three deserts to eat now and take home for later. We will make and serve the deserts with refreshments, then seal up enough for a "to go" care package.

Call the Cannery for more information or to join a class at 614-499-2958 or 740-815-4324. Space is limited.

Reservation & Cancellation Policy

To reserve a seat in a class, prepayment is required. Cash, Checks, and Credit cards are accepted. Please note date of class with your payment. Checks should be made payable to Glass Rooster Cannery and mailed to 1673 S State Route 605, Sunbury, Ohio 43074.

A minimum 3-day notice is required for class cancellations to receive a refund minus a \$10.00 material fee. We are a small business with limited class sizes and need to ensure that seats are sold to those committed to attending. If you are unable to attend a class, we encourage you to send someone in your place.