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Art of Canning Makes Comeback in Minneapolis

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by Dawn Stevens / FOX 9 News

MINNEAPOLIS - The art of canning is making a comeback.

The city of Minneapolis has been putting on Can-Along events. The Food Preservation Network is gathering residents together in community kitchens to offer this low cost, healthy alternative. Residents are learning to make applesauce with no sugar and just some cinnamon that will last a year on the shelf.

First they peel the apples, then they have to boil them to make them soft. Then they smash them up and put them in special jars. The jars have special lids that get sealed once they are put over boiling water.

Officials say the start up equipment cost as little as \$30.

This year the pilot program has been successful, but officials

hope to expand for next year.

"We want the food guides to go crazy next year and do a lot of events and we're translating all the material into a couple of difference languages and training trainers in different languages so we can really serve the community," Ana Micka with the Food Preservation Network said.

The events are funded by the city of Minneapolis and the statewide health improvement program. Check out foodpreservationnetwork.net for more information.

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