

Sitka Extension Workshops



July 7-12, 2026

Professor of Extension Sarah Lewis will offer food preservation, entrepreneurship and healthy living classes in Sitka. Workshops on July 9 and July 11 require registration, all others are free.

Selling Homemade and Homegrown Food



Tuesday, July 7, 5:30-7:30 p.m.

If you have a homemade foods business, would like to start one, or might sell homemade foods through your farm stand or market, knowledge of Alaska's homemade food rules will help ensure you are in compliance. The class will also introduce basic safety practices for produce growers. Sitka Public Library, 320 Harbor Drive. Free.

Safely Preserve the Garden Harvest



Wednesday, July 8, 6-8 p.m.

Learn to safely and effectively preserve berries, wild plants and garden harvests for the pantry shelf while preserving their quality and nutrition. In this class, Sarah will introduce pressure canning, water bath canning, dehydrating, pickling and freezing. See House, 611 Lincoln St. Free.

Making Herb Salts, Sugars and Vinegars



Thursday, July 9, 5:30-7:30 p.m.

Whether you grow your own herbs or purchase them from local farmers or stores, preserving their flavors for winter meals is fun, creative and tasty. In this class, Sarah will teach participants how to dehydrate herbs, create culinary salts, infuse vinegars and flavor sugars. Sitka Lutheran Church, 224 Lincoln St. Register at <https://bit.ly/HerbSalts>. \$20.



Canner Gauge Testing and Food Preservation Publications



Saturday, July 11. Drop in between 10 a.m.-1 p.m.

Pressure canner dial gauges should be tested every year to ensure they reach the pressure and temperature needed to preserve foods safely. It's a fast, free test and Sarah can answer your questions about food preservation. Sitka Farmers Market, Alaska Native Brotherhood Founders Hall, 235 Katlian St. Free.

Menopause Mocktail Hour



Sunday, July 12, 1 p.m.-3 p.m.

Women are talking freely about menopause and the changes they experience in their bodies and lives. But we need to talk about it early and often! We have opportunities to reduce myths, fears, surprises and even symptoms. Learn about strategies and lifestyle changes that women can make before or during perimenopause, to enter menopause with confidence. See House, 611 Lincoln St. Register at <https://bit.ly/MenoMocktails>. \$10.



For more information or to request a fee waiver, contact Sarah Lewis at sarah.lewis@alaska.edu or 907-455-2010.

Accommodation requests related to a disability should be made five business days in advance to Alda Norris at amnorris2@alaska.edu or 907-474-7120. Language access services, such as interpretation or translation of vital information, will be provided free of charge to individuals with limited English proficiency upon request to amnorris2@alaska.edu. The University of Alaska (<http://www.alaska.edu/alaska>) is an equal opportunity/equal access employer and educational institution. The university is committed to a policy of nondiscrimination (<http://www.alaska.edu/nondiscrimination>) against individuals on the basis of any legally protected status. This work is supported by the U.S. Department of Agriculture's National Institute of Food and Agriculture.