Alaskans who want to learn how to can and preserve foods have new online help from the University of Alaska Fairbanks Cooperative Extension Service.

Seven instructional Flash modules may now be viewed on the Web. The interactive food preservation modules combine written, audio and video instructions on canning basics and canning fish and game in jars and cans.

The new series, developed by the Cooperative Extension district agents and staff, was designed by the UAF Center for Distance Education — and complements Extension’s Preserving Alaska’s Bounty series of food preservation DVDs.

Tanana District Agent Roxie Dinstel, who coordinates the series, said Extension wanted to present food preservation information in different formats to make this important information more available to communities without agents— and to accommodate various learning styles.

“Some people learn better if they see it,” she said. “Others want to read and study the information.”

Using the Flash modules, people who want to learn about using a pressure canner, for instance, will be able to read about pressure canners, watch a district agent explain the gauge and listen to what a properly operating pressure canner sounds like.

That’s important, she said, “Half of the people who come to my classes are afraid of the canner.”

The Flash modules may be viewed at www.uaf.edu/ces/preservingalaskasbounty/. Those using the modules must have Adobe Flash Player, which may be downloaded from the site.

Additional instructional modules and DVDs in the Preserving Alaska’s Bounty series are planned. Three DVDs on canning meat and fish in cans and jars have been developed the past year, and the newest DVD, which was released this month, is “Pickling.” The DVD includes instruction on making sauerkraut, pickling vegetables and infusing vinegars. “Pickling” and other DVDs may be ordered online at www.uaf.edu/ces/publications/ or through local Extension offices.

The Preserving Alaska’s Bounty project is funded by a grant from the U.S. Department of Agriculture. For more information, call your area extension office.

Contact: Roxie Dinstel at 474-2426 or fnrrd@uaf.edu