



# **The Complete Guide to Food Preservation: Step-by-step Instructions on How to Freeze, Dry, Can, and Preserve Food (Back to Basics Cooking)**

*Angela Williams Duea*

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Storing food can be a major challenge for any family or individual who wants to increase the amount of food available without spending additional money. With rising food costs, the advent of at home gardening and the potential represented in storing your own food, it is no wonder that freezing, drying, and canning are becoming much more popular. Freezing alone, which the National Freezing and Refrigerated Foods Association has stated can add as much as 600% to the lifespan of many common refrigerated foods, is an easy, available action to anyone, but only if it is done properly.

This book will show anyone interested in storing food for future use how to do so to optimize the amount of money saved and minimize the risk of damaging food or spreading food borne illnesses. You will learn how to grow for harvest and how to subsequently handle that harvest with this book's crop by crop guide of everything that you might possibly want to store away. You will learn how freezing works and how to go about organizing your freezing. You will learn the various methods of freezing and why failure occurs. In addition to freezing, you will learn about canning and preserving and how each technically works and what problems you may encounter. All of the equipment you may need is laid out in easy to read charts and you will be shown the various final products you can expect.

Experts in food preservation and storage have been interviewed and their commentary has been included here to help you understand what all you will be able to expect from your preserved foods. Learn how to create jellies and jams, pickle vegetables and fruits, dry foods, juice them after storing, and even how to create a simple root cellar for long term storage. No matter your situation, this guide will help you learn how to store multiple forms of vegetables and fruits and to understand how they perform, why failure occurs, and what you need to be successful.

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**Sean Ward:**

Within this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become among it? It is just simple strategy to have that. What you need to do is just spending your time almost no but quite enough to possess a look at some books. Among the books in the top listing in your reading list will be *The Complete Guide to Food Preservation: Step-by-step Instructions on How to Freeze, Dry, Can, and Preserve Food (Back to Basics Cooking)*. This book which is qualified as *The Hungry Hills* can get you closer in turning out to be precious person. By looking right up and review this reserve you can get many advantages.

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