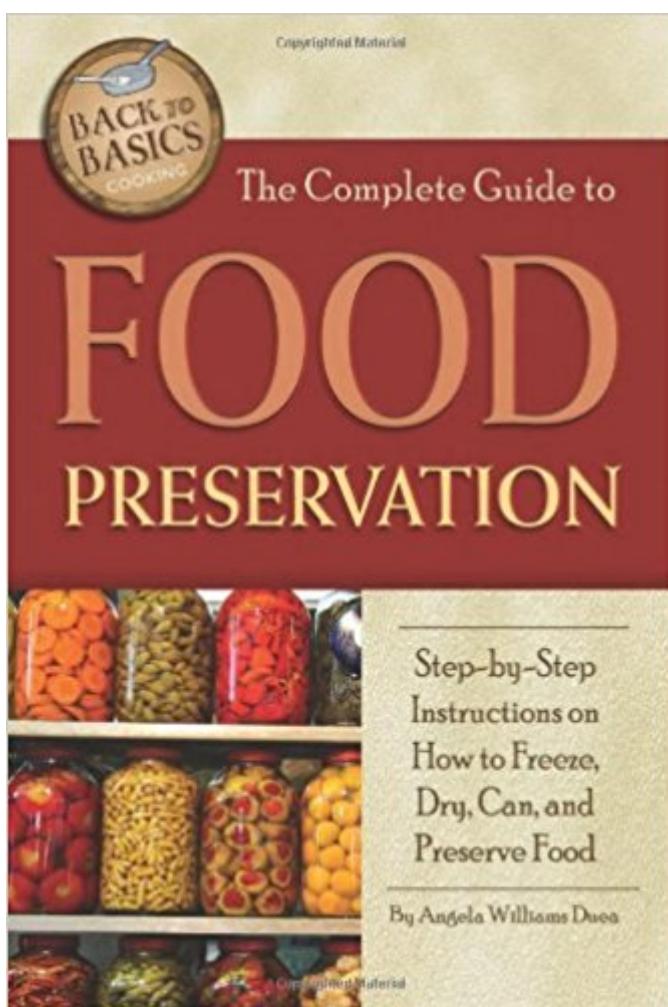


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# The Complete Guide To Food Preservation: Step-by-step Instructions On How To Freeze, Dry, Can, And Preserve Food (Back To Basics Cooking)





## Synopsis

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 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 about a variety of topics including: how to grow for harvest how to subsequently handle that harvest with this book's crop by crop guide of everything that you might possibly want to store away how freezing works and how to go about organizing your freezing the various methods of freezing and why failure occurs 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.

## Book Information

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## **Customer Reviews**

In this back to basics guide, the Chicago-based author draws on her experience, that of experts, and information from the USDA in covering safe methods of preserving foods including drying, smoking, juicing, and fermenting. The guide includes food preservation plans, instructions for setting up a root cellar, recipes, troubleshooting charts, illustrations, and resources. --Ã  ©2011 Book News Inc. Portland, OR

Angela Williams Duea is a freelance writer and animal lover. Her pets have included a German Shepherd, a Golden Retriever, six mixed-breed cats and one purebred Maine Coon cat, numerous salt- and fresh-water fish, and a salamander. Her writing has been published in numerous trade and commercial magazines, websites, and newsletters. Angela lives in the Chicago area with her husband, Joseph, a former cattle rancher. They have two teenage daughters and share their home with two slightly spoiled cats.

Disappointed in the freezing section. Not nearly enough specifics. We have a long growing season so freezing is a great option for preservation but the details I needed were not there.

For someone like myself who has NEVER canned, dried, or done anything to preserve food before, this seemed a little too general. I would have preferred more detailed instructions. For example, which foods dry well and which don't? How long do certain foods take to dehydrate? How long to process foods in a non-pressure canner? Exact instructions for smoking and drying fish??? Overall, tells you about the different techniques but lacks enough detail (other than the specific canning recipes) for those of us that want to be held by the hand and guided.

Very well written Lots of good tips.

It did not go into what I was looking for. I needed to get information on freeze drying food at home. I know they now have the units to be able to book that but I wanted to get some info on it before I spent all that money.

Only had to buy one book for all my food preservation instructions- canning, drying, freezing

Not for beginners

Excellent book. Great information. Very handy and in depth!

This book is okay, it does visit several topics in food preservation but does not go deep enough in those topics. I have found some good recipes and alternate preservation ideas to research further.

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