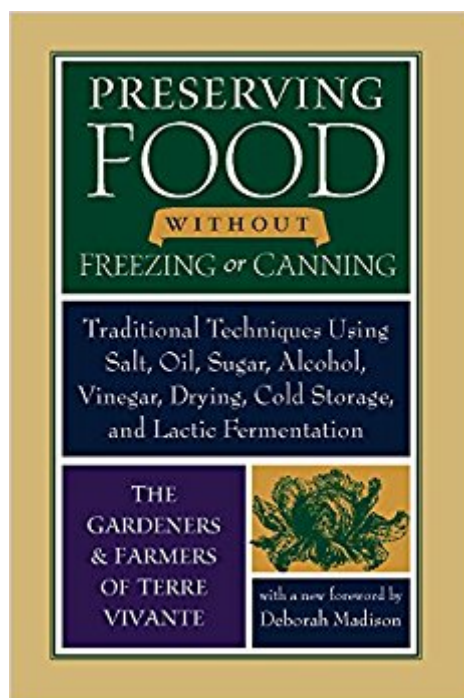




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# Preserving Food Without Freezing Or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, And Lactic Fermentation



## Synopsis

Typical books about preserving garden produce nearly always assume that modern "kitchen gardeners" will boil or freeze their vegetables and fruits. Yet here is a book that goes back to the future—celebrating traditional but little-known French techniques for storing and preserving edibles in ways that maximize flavor and nutrition. Translated into English, and with a new foreword by Deborah Madison, this book deliberately ignores freezing and high-temperature canning in favor of methods that are superior because they are less costly and more energy-efficient. As Eliot Coleman says in his foreword to the first edition, "Food preservation techniques can be divided into two categories: the modern scientific methods that remove the life from food, and the natural 'poetic' methods that maintain or enhance the life in food. The poetic techniques produce... foods that have been celebrated for centuries and are considered gourmet delights today." *Preserving Food Without Freezing or Canning* offers more than 250 easy and enjoyable recipes featuring locally grown and minimally refined ingredients. It is an essential guide for those who seek healthy food for a healthy world.

## Book Information

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## Customer Reviews

Deborah Madison is a freelance writer and board member of the Foundation for Bio-Diversity and the Seed Savers Exchange, among others. As a freelance writer she has contributed to *Cooking Light*, Williams Sonoma's *Taste*, *Vegetarian Times*, *Gourmet*, *Food and Wine*, *Bon Appetit*, *Garden Design*, *Fine Cooking*, *Organic Style*, the *LA Times*, *Orion*, and others. Eliot Coleman has over thirty years' experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. He is the author of *The New*

Organic Grower, Four-Season Harvest, and The Winter Harvest Handbook, as well as the instructional workshop DVD Year-Round Vegetable Production with Eliot Coleman. Coleman and his wife, Barbara Damrosch, presently operate a commercial year-round market garden, in addition to horticultural research projects, at Four Season Farm in Harborside, Maine.

PRETTY GOOD BUT I HAVE NOT TRIED IT DUE TO MY HEALTH TAKING A DOWN TURN BUT SINCE THEY BUG THE HELL OUT OF YOU TO WRITE A REVIEW I AM WRITING ONE.

Informative and easy to use

Very well written Lots of good tips.

Great book. Lots of wonderful ideas on preserving food.

Good reference for the preservation of food. Many good methods other than freezing or canning.

I've only flipped through it, but it seems to contain a large amount of practical food storage suggestions.

My wife and I are going through the book now. My grandmother was French/German and I remember seeing a lot of the methods described in the book used by her. I'd highly recommend the book. I do, however, have a question and it concerns preserving corn with slaked lime. Though not stated the method implies the preservation of sweet corn. How would slaking be done with sweet corn? I've found plenty of information on using the method for field corn but nothing about sweet corn. Other than that dangle the book is an excellent resource.

I'm a beginner at fermentation, so this book gave me all the info I needed to get started. I used this book more than all the others. Great simple recipes.

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