



Preserving 101: Canning, Freezing Drying (Paperback)

By Stacy Lyn Harris

Gray Forest Publishing, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The perfect guide to preserving fresh food all year. The guide contains how-to's for water bath canning, pressure canning, freezing, and drying using the sun, oven, and dehydrator. Recipes are included for all sections. I believe within every person there is an instinctive desire to be self-sufficient. Even among modern people there is a resurgence to gain control of one's food and everything pertaining to it. Because of the prosperity in our country, we have lost the art and pleasure in sustainable practices that not only enrich our palate but maintains the traditions that connect us to our ancestors and a simpler way of life. This is the 1st volume of Preserving 101 which will include a mixture of ancient and more modern preservation methods. People think that canning or drying foods is scary and difficult, but just the opposite; it is healthy and easy. When you, dry, can and freeze the produce you have grown, you know absolutely everything that has gone into those vegetables and fruits. You are taking charge of your own health and food. Not only are...

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