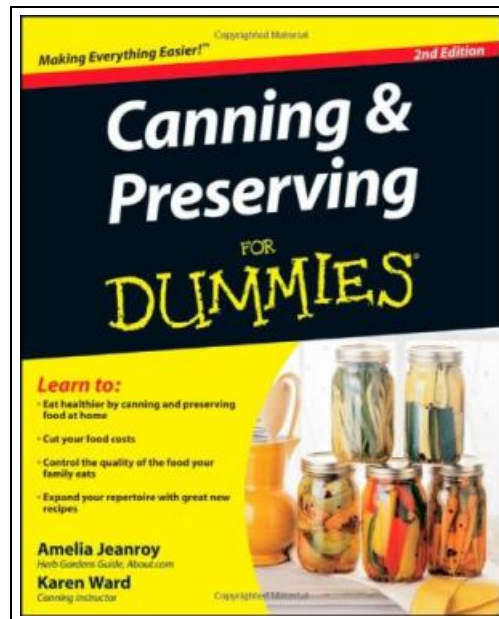


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John Wiley and Sons Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 2nd Revised edition. 234 x 188 mm. Language: English . Brand New Book. Everything you need to know to can and preserve your own food With the cost of living continuing to rise, more and more people are saving money and eating healthier by canning and preserving food at home. This easy-to-follow guide is perfect for you if you want to learn how to can and preserve your own food, as well as if you re an experienced canner and preserver looking to expand your repertoire with the great new and updated recipes contained in this book. Inside you ll find clear, hands-on instruction in the basic techniques for everything from freezing and pickling to drying and juicing. There s plenty of information on the latest equipment for creating and storing your own healthy foods. Plus, you ll see how you can cut your food costs while controlling the quality of the food your family eats. Everything you need to know about freezing, canning, preserving, pickling, drying, juicing, and root cellaring Explains the many great benefits of canning and preserving, including eating healthier and developing self-reliance Features new recipes that include preparation, cooking, and processing times Amy Jeanroy is the Herb Garden Guide for and Karen Ward is a member of the International Association of Culinary Professionals If you want to save money on your grocery bill, get back to basics, and eat healthier, Canning Preserving For Dummies, 2nd Edition is your ideal resource!.



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