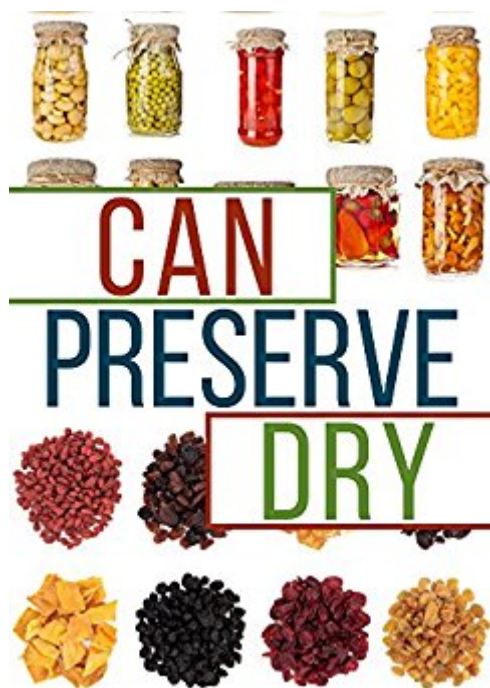


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# Can, Preserve, And Dry: A Beginners Guide To Canning, Preserving, And Dehydrating Your Food



## Synopsis

Looking for a great way to save money, eat healthier, and learn a time tested skill set? Learning how to can your own foods is a great way to accomplish all of that and more! This book will cover the equipment you'll need to get started and the different methods of safe, effective canning. During any unstable economy, good preparation means being ready for an unexpected shortage in basic necessities. Learning these techniques will ensure that you're prepared for months, even years with an assortment of wide-ranging nutritional foods. However, preparedness isn't the only reason for food preservation; there are several economical, nutritional, and enjoyable reasons to embrace this movement.

## Book Information

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## Customer Reviews

Brian Night presents methods to preserve food by canning, drying, deshydration and freezing. If you want to preserve food this is a great book to get because he gives the essentials skills you have to develop. He even explains the history of canning. Really interesting to read. . This book provides all the information you need to preserve the food you have raised, grown, harvested, hunted or gathered. It details the measures to follow to make sure the preservation methods are safe for

consumption, the equipment you will need and the process of each method as well as the best way to store your preserved food items. This book is well written and the provided instructions are easy to follow. I recommend this book for anyone wanting to preserve your own food. Endeavor to persevere. A pun on words, : )

I have preserved food for quite a few years and am always liking for new process. This book contains the basic how to preserve but gives good tips to expand variety. I highly recommend it for the beginner but also for others too.

A wonderfully well written book about how to best preserve food. I enjoyed reading this book and learned more than just a few things. The author is a great teacher and explains everything clearly.

This is an instructional guide for the canning novice. Brian Night talks about the history of canning, describes the different types of foods (high vs low acid), the food preservation theory, equipment to use, and canning techniques. There are a handful of recipes, and Night covers meats as well as fruits and vegetables. He also addresses other techniques for food preservation, including freezing, vacuum packing, dehydration, salt preservation and more. There is a large section on dehydration. Once again, Night presents information about the theory, equipment and techniques. This book has some recipes, but not a huge number because Night is giving you the principles that will enable you to build a diversity based on these building blocks. This is a useful book for someone to learn the why's and how's of food preservation.

I can not wait to try some of these techniques! The recipe for pickled baby carrots is something I have never heard of before. Only wish the instructions were more specific.

As I prepare for retirement in four short years I hope to stay busy growing and preserving food to reduce costs and increase quality. I am taking baby steps and trying to learn for soon enough I will be putting this to practice.

Very useful book on canning, preserving and drying many different types of food. Great background with very good steps for preserving food. Very handy book to have in the kitchen if you are trying to preserve food.

It had some good recipes, in a lot of them, either ingredients were missing or measurements were missing.

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