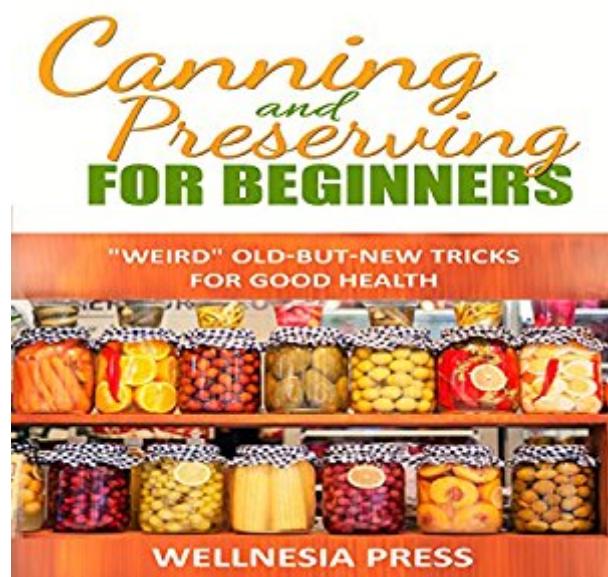


The book was found

# Canning And Preserving For Beginners: The Canning Playbook



## Synopsis

Can your way to good health! Can your way to the bank! With increasing food safety problems, canning will ensure that what you preserved remains healthy without any harmful chemicals. Canning puts you in control over your food. It also saves money in case you have extra produce in the summer and you are not able to grow in the winter. It's also a hedge against food cost escalation, especially in the winter, when produce is not as plenty. As a clinician, I can confidently tell you that the difference between good health and sickness is the simple things that you do consistently to promote health and wellness. Cooking your own food, in principle, is a lot healthier because you know exactly what's going into it. The element of control means you can extol a healthier and less fat-ridden diet. The idea of food preservation and canning may seem like a daunting task, but this book will go through simple, step-by-step procedures. It'll give you the theory behind food preservation so you fully understand what happens to food and why, and it'll provide you with easy recipes using everyday ingredients that often go to waste. This book should make anyone with a kitchen a proficient preserver and canner. Now come onboard.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 58 minutes

Program Type: Audiobook

Version: Unabridged

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## Customer Reviews

I wanted to learn a little on food preservation so I downloaded this book. Previous to reading it, I knew nothing. I was pleasantly surprised at how easy food preservation is and how it conveniently uses common household items. This book is full of everything you need to know about food preservation including the equipment and ingredients needed.

This is a great little book for someone just starting to can or someone needing a refresher course.

I've grown into the homesteading lifestyle slowly, and after reading this I realized the value of taking the fresh fruits from this season and making them last. This book is MUST READ for anyone who wants to live a homestead lifestyle!

A great book for newbies. Clear instructions, for the easier foods to can. My granddaughters will be able to do more with this, without waiting for me to be there.

I just got my canning stuff together...Thank you for the reciepes.... I like how it is laid out step by step instructions of what you need how to prepare wash cook and can.Thank you.

Have for reference, am planning to learn to do canning.

I bought this for my daughter as a gift.

Great book, great price!

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