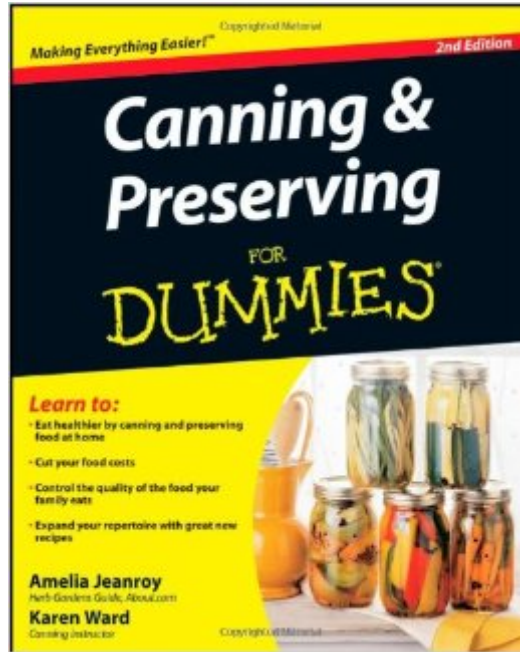


The book was found

# Canning And Preserving For Dummies



## Synopsis

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 About.com 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!

## Book Information

Paperback: 384 pages

Publisher: For Dummies; 2 edition (September 8, 2009)

Language: English

ISBN-10: 0470504552

ISBN-13: 978-0470504550

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (102 customer reviews)

Best Sellers Rank: #71,247 in Books (See Top 100 in Books) #107 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#)

## Customer Reviews

This book explains canning methods & techniques, along with health dangers of contaminated food, and how this relates to processing methods and times. Although it can get repetitive at times, you cannot read this book and NOT understand how to safely can food! While recipes are arranged by end product (freezing, drying, jellies, etc.), there is ALSO a produce-oriented index in the FRONT of

the book, so I typically look things up that way. For example, for vegetables, there are 1-2 recipes each, but they ALWAYS list the processing times for different sizes, so even if you want to can vegetables plain, you can grab the info from the recipes! In fact, Chapter 10, "Preserving the Harvest: Just Vegetables," is all about this topic. So far, the only thing not in this book is squash/zucchini, which are low-acid, because the U.S. lost their original research, and so had to pull their official safety recommendations in light of conflicting research. Can those items with tomatoes and you are all set, or add acid some other way. (Research before doing.) Contrary to popular belief, \*flavoring\* ingredients do NOT matter to food safety...what matters is the acid level -- NOT sugar, not even salt (unless piles of it are used, like the way Nordic peoples dry fish outside). Acid level is per the vegetables/fruits you are canning, and whether you add acid. Vinegar adds the most acid, which is why ALL pickled products can be water-bath canned ASSUMING YOUR VINEGAR IS 5% ACIDITY (some flavored vinegars aren't, but I haven't had a problem finding 5-7%). (Note unrelated to this review: according to eHow.com, if you use vinegar AND water, it must be at least 2:1 ratio. If a food is extremely low-acid, like squash, I would only feel safe using all vinegar and no water.

[Download to continue reading...](#)

Canning and Preserving for Dummies: 30 Healthy and Delicious Canning Recipes: (Canning And Preserving Recipes, Canning Recipes Cookbook ) (Home Canning Recipes, Pressure Canning Recipes) Canning Recipes: 150 Home Canning Recipes For Canning and Preserving (Home Canning Recipes, Preppers Food) Canning & Preserving Sauces and Syrups: A Step by Step Guide with Delicious Recipes Included (Canning and Preserving for Novices Book 3) Canning and Preserving Book for Beginners: Easy Canning Recipes and Supplies to Jump Start Your "How to Can, Preserve and Survival Food Storage Preserving Food Box Set: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables plus The Ultimate Guide to Food ... food without freezing or canning) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Canning and Preserving For Dummies Better Homes and Gardens Complete Canning Guide: Freezing, Preserving, Drying (Better Homes and Gardens Cooking) The All New Ball Book Of Canning And Preserving: Over 200 of the Best Canned, Jammed, Pickled, and Preserved Recipes Can, Preserve, and Dry: A Beginners Guide To Canning, Preserving, and Dehydrating your Food Preppers Pantry: The Ultimate Survival Guide For Emergency Water & Food Storage During An Urban Emergency (Urban Survival Pantry, Canning And Preserving, Camping, Life Saving Meals, Survival Guide) Canning & Preserving Salsas, Pickles & Relish: Delicious and Safe Recipes Even a Beginner Could Create How To Dry Preserve Fruits & Vegetables (Canning and Preserving

Guides Book 2) You Say Tomato...Canning, Dehydrating, Concentrating: A Handy Guide to Preserving the Season Mushrooms: A New Ultimate Guide to Growing Mushrooms at Home For Dummies: (Mushroom Farming, How to Grow Oyster Mushrooms, Edible Mushrooms) (Farming For Dummies, Gardening For Dummies Book 2) Cheap and Delicious Box Set: 31 Fast Freezer Meal Recipes For Money Saving and 33 Easy to Follow Steps For Canning, Freezing, Dehydrating your Favourite ... Delicious, cheap meals, Make Ahead Meals) Prepper's Survival Pantry: The Ultimate SHTF Preparedness Guide To Canning, Dehydrating And Emergency Water And Food Storage (Prepper Hacks, DIY Hacks, ... Survival Needs, Hack It, Prepare Your,) Fresh Food in a Jar: Pickling, Freezing, Drying, and Canning Made Easy Not Your Mama's Canning Book: Modern Canned Goods and What to Make with Them Canning for a New Generation: Updated and Expanded Edition: Bold, Fresh Flavors for the Modern Pantry

[Dmca](#)