



# Can, Preserve, and Dry: A Beginners Guide To Canning, Preserving, and Dehydrating your Food

*Brian Night*

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## **Can, Preserve, and Dry: A Beginners Guide To Canning, Preserving, and Dehydrating your Food**

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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.

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# **From Reader Review Can, Preserve, and Dry: A Beginners Guide To Canning, Preserving, and Dehydrating your Food for online ebook**

## **Thomas says**

Several members of my family are interested in starting doing this.

The book is really good on techniques and the how and why. The recipes are light, which is appropriate. The author is talking about the process not how to cook. There are enough recipe books out there for that.

He explains the different methods and how they work, and of course cost. He also explains which work for which food groups (acidic and not). My daughter and son-in-law plan on canning some of their garden later this year, and my wife and I would like to start making our own sauces and soups and store for later. Plastic containers just don't cut it all the time.

As a home brewer, I understand how important cleanliness and sanitization is. The author emphasizes this throughout the book. I've never experienced exploding bottles or skunk beer, because of sanitization. I have friends who have and it's not pretty. The same goes for canning and preserves, not clean is equal to make you real sick. The emphasis on this is very important and should be followed.

Thank you for a great learning book.

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## **Donna Sako says**

### **Good basics**

This is a good basic start to preservation of foods. You can get much of the information via your local department of agriculture or federal information systems.

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