



# Canning and Preserving For Dummies

By Amelia Jeanroy, Karen Ward

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## Canning and Preserving For Dummies By Amelia Jeanroy, Karen Ward

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!

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### Editorial Review

From the Back Cover

Canning & Preserving for Dummies

Making Everything Easier!

second edition

Learn to:

- Eat healthier by canning and preserving food at home
- Cut your food costs
- Control the quality of the food your family eats
- Expand your repertoire with great new recipes
- <

Amelia Jeanroy

Herb Gardens Guide, About.com

Karen Ward

Canning instructor

Now updated — your guide to preserving the best, freshest fruits and veggies

Want to can and preserve your own food? This practical guide gives you all the clear, hands-on instruction you need in the basic techniques — everything from freezing and pickling to drying, canning, root cellaring, and more. You'll see how to create and store your own foods with the latest equipment — while you save money on your grocery bill and eat healthier!

- Prepare to preserve — understand the various methods for canning and preserving and the equipment and tools for each
- Yes you can can! — go step by step through water-bath and pressure canning to store perfect produce and meats
- Baby it's cold inside! — discover how to properly package and freeze your foods, prevent thawing damage, and preserve quality and flavor
- Taking time to dry — get drying know-how and see how to store and use your dried foods

Open the book and find:

- New and updated recipes that include preparation, cooking, and processing times
- The latest canning supplies and equipment
- Techniques for preserving the best flavor
- Ways to can combined foods
- Detailed information on food safety

- Tips on troubleshooting problems
- The best places to prepare and store your foods
- A metric equivalent chart for converting measurements

#### About the Author

Amelia Jeanroy is a syndicated columnist and the Herb Gardens Guide at About.com. An organic sustainable farmer, she has been canning and preserving foods for 20 years. Karen Ward is a life-long home canner, home economist, recipe developer, and cookbook author. She has been a featured guest on many television shows including QVC and HGTV's Smart Solutions.

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