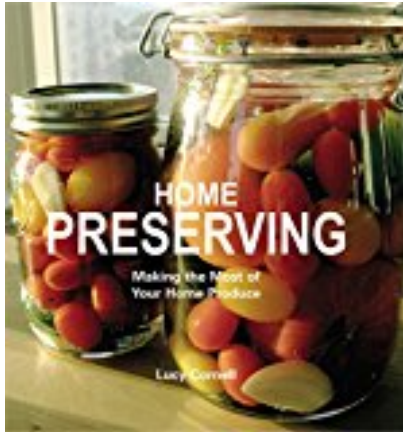


Home Preserving Making the Most of Your Home Produce



BOOK DETAILS

- Author : Lucy Cornell
- Pages : 256 Pages
- Publisher : Chartwell Books
- Language : English
- ISBN : 0785832645

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BOOK SYNOPSIS

Home preserving was once regarded as the only way of ensuring an adequate food supply for the family from harvest through the winter and the following year. Today, however, with our busy work schedules taking up much of our precious time, and the availability and variety of supermarket products conveniently at hand, home canning isn't quite the necessity it was 100 years ago. But there has lately been a shift towards growing our own food, reducing waste and becoming more self-sufficient, and home preserving would seem to go hand-in-hand with these not-so-new ideas, while the health-conscious among us, and those with food allergies or special dietary requirements, will find they can control or eliminate the sometimes unnecessary additives found in commercially prepared food. This book is a complete guide to different kinds of preserving methods, and different recipes for delicious preserved food. With full-color interior pages filled with photographs of mouth-watering fresh and preserved foods, Home Preserving makes an excellent addition to any cookbook collection, and a perfect gift for anyone interested in canning and jarring their own fresh foods.

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