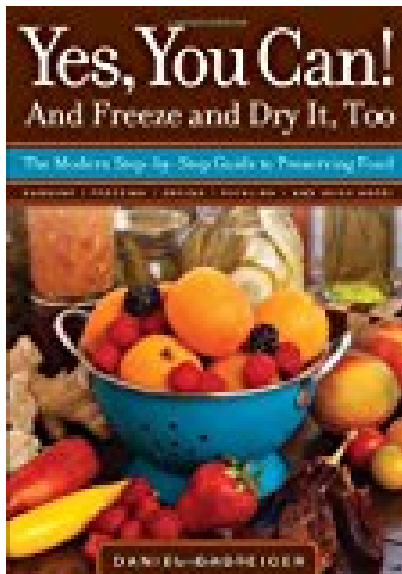


Yes You Can! And Freeze and Dry It Too The Modern Step-By-Step Guide to Preserving Food



BOOK DETAILS

- Author : Daniel Gasteiger
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BOOK SYNOPSIS

Preserving food is hot! The local food movement gains even more popularity as consumers return to vegetable gardening to grow their own food. They increasingly have become interested in the techniques for “putting up” their bounty. Driven by the recession; the need for healthier, chemical-free food, and taste, people everywhere are preserving the abundance of fruits, vegetables, and herbs harvested from their garden (or someone else’s). You don’t even have to grow your own to preserve freshness; non-gardeners too are learning to preserve with locally grown produce bought from local markets. Targeted at anyone who wants to capture the flavor of freshness, whether it’s from making tomato sauce, drying herbs, or preserving jams and jellies.

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