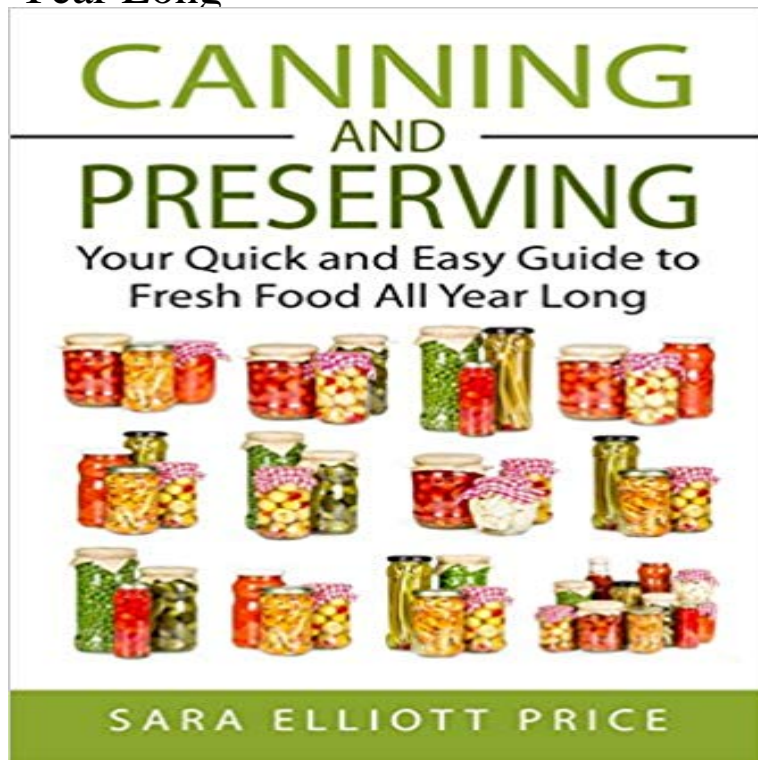


# Canning & Preserving: Your Quick and Easy Guide to Fresh Food All Year Long



Canning Allows You to Enjoy Your Favorite Fresh Foods, Anytime--Year Round! Nearly all fresh produce is picked during a season of just a few short months and many varieties just dont keep well. Canning will satisfy your craving for delicious, local produce all year long! You can save money, stay healthy, and even enjoy foods from your garden during the winter--simply by learning to can your own foods. Its really very simple to take advantage of canning and preserving to enjoy your favorite fruits, vegetables, and even meats year round, just the way you like them. Whether youve found your Grandmas delicious jam recipe, you want to have tomatoes from your garden year round, or maybe you just dont want to give away those few extra pounds of berries you picked, its time to consider home canning. Canning Is Much Easier Than You Might Think... You dont have to be preparing for Armageddon to can your own foods. And even better, when youre done your extra food wont take up any of the limited space in your fridge or freezer! In much of Europe, canning and preserving food is still a routine practice today. Sometimes canning is the only reliable way to enjoy high quality, nutritious food year round. Canning has been an alternative to refrigeration to preserve food since the early 1800s and properly done, keeps your food safe and delicious a lot longer than any refrigerator ever can. Its not difficult to do. If you have a stove, some extra shelf space out of direct sunlight, and a recipe you want to try, its time for you to consider canning your own foods at home. Heres A Preview Of What Youll Learn... The different methods commonly used for home canning today What equipment you need and how to prepare it How to safely & effectively can your favorite foods Bacteria, Bugs, and More: what to avoid and why Essential tips for successful canning What you need to know about

canning meatAn assortment of canning recipes to help you get started fastPlus, so much more!If youve ever wanted a better option than the freezer to preserve your favorite foods and enjoy them all year, learning to can and preserve your food is a must.Are You Ready To Get Started?=>Scroll up and click add to cart to get your copy now.

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