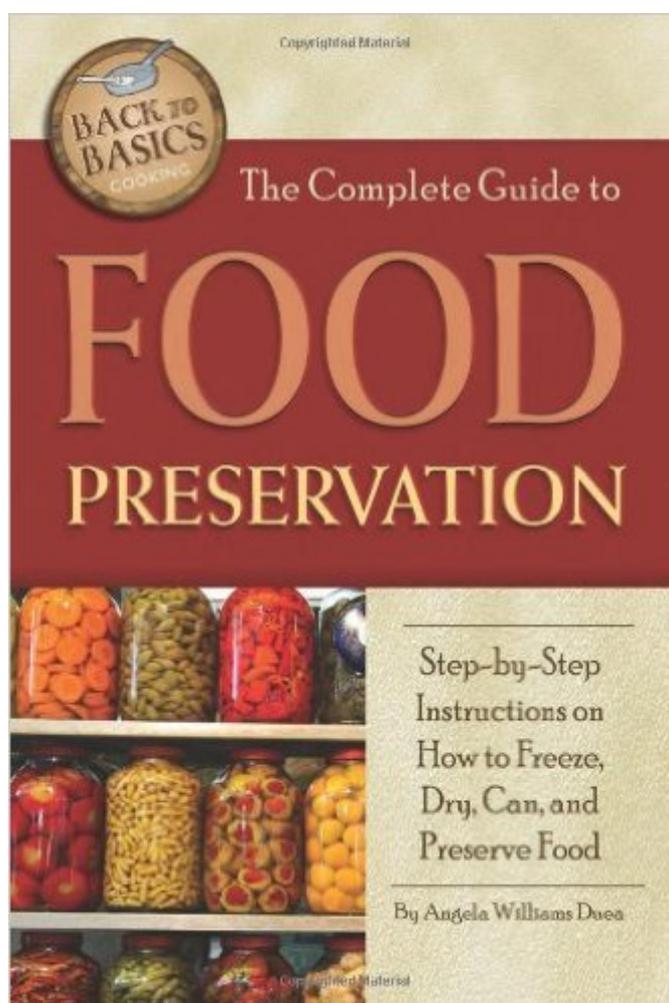


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# The Complete Guide To Food Preservation: Step-by-step Instructions On How To Freeze, Dry, Can, And Preserve Food (Back To Basics Cooking)



## Synopsis

Storing food can be a major challenge for any family or individual who wants to increase the amount of food available without spending additional money. With rising food costs, the advent of at home gardening and the potential represented in storing your own food, it is no wonder that freezing, drying, and canning are becoming much more popular. Freezing alone, which the National Freezing and Refrigerated Foods Association has stated can add as much as 600% to the lifespan of many common refrigerated foods, is an easy, available action to anyone, but only if it is done properly. This book will show anyone interested in storing food for future use how to do so to optimize the amount of money saved and minimize the risk of damaging food or spreading food borne illnesses. You will learn how to grow for harvest and how to subsequently handle that harvest with this book's crop by crop guide of everything that you might possibly want to store away. You will learn how freezing works and how to go about organizing your freezing. You will learn the various methods of freezing and why failure occurs. In addition to freezing, you will learn about canning and preserving and how each technically works and what problems you may encounter. All of the equipment you may need is laid out in easy to read charts and you will be shown the various final products you can expect. Experts in food preservation and storage have been interviewed and their commentary has been included here to help you understand what all you will be able to expect from your preserved foods. Learn how to create jellies and jams, pickle vegetables and fruits, dry foods, juice them after storing, and even how to create a simple root cellar for long term storage. No matter your situation, this guide will help you learn how to store multiple forms of vegetables and fruits and to understand how they perform, why failure occurs, and what you need to be successful.

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## Book Information

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## Customer Reviews

For someone like myself who has NEVER canned, dried, or done anything to preserve food before, this seemed a little too general. I would have preferred more detailed instructions. For example, which foods dry well and which don't? How long do certain foods take to dehydrate? How long to process foods in a non-pressure canner? Exact instructions for smoking and drying fish??? Overall, tells you about the different techniques but lacks enough detail (other than the specific canning recipes) for those of us that want to be held by the hand and guided.

We lived on my grandparent's farm so I grew up I watched my grandmother, my aunts and my mom freeze, can and preserve food. I remember sitting on our back porch shelling peas and lima beans and shucking corn for freezing. I also helped peel peaches for canning. In addition, my mom and aunts used to make jelly, ketchup, can pears, tomatoes, and so many other things. They entered their products at the state and county fairs and have tons of ribbons. When I got my own home, I also started a garden and would freeze things after I got a freestanding freezer, and can tomatoes and tomato sauce. Passing the tradition on one year, I helped my sister-in-law can peaches and later when my nieces visited that summer, we canned dill pickles. I had such a small kitchen the smell became too much for them and we still laugh about it. I have been impressed with the Atlantic Publishing Group's Back to Basics series and looked forward to reading this book. Duea has set the

book up very user friendly and takes you through the steps of canning very clearly so if you are new to food preservation this is the perfect guide. She follows up that first chapter with troubleshooting canning problems. Chapters on freezing food, smoking and preserving meat, juicing and other preservation methods are included. The Appendix are set up with recipes for each category, such as fruit, tomatoes, vegetables, meats, seafood and a section on recipes for dried food. Throughout the book charts, diagrams, and some black and white photographs are included that help explain the procedures. This book is readable and the newbie to food preservation will find a very helpful guide but the more seasoned cook will also find helpful hints and wonderful recipes. In this economy and with people wanting organic fruits and vegetable more families are gardening today. This book would be a helpful reference to food presentation when you end up with an overabundance of tomatoes, or your local farmer has a surplus and you want to save some money. I highly recommend it.

There is nothing more rewarding than looking at jars of preserves lined up on a pantry shelf, or packages of fruits and vegetables stacked in a freezer. I know...living in northern Canada our fresh vegetable and fruit supply was limited during the winter so taking out a jar of peaches was like sunshine peeking through the clouds on a cloudy day. Living in the south now I don't necessarily have the need to preserve food for the same reason I did before but I still feel the need to preserve local seasonal produce. The book is ideal for the novice because it covers all the basics: terms, hot/raw packs, pressure canners, water baths, and what to preserve. It also covers troubleshooting, freezing, smoking/preserving meats, drying foods, juicing, and fermenting. Angela Williams Duea also provides recipes for pickles. There is nothing better than a homemade pickle or relish to enhance a home cooked meal. This year I'm going to make my own pickles and canned tomatoes as soon as they are in season. The local Farmer's Market always has a wonderful supply of locally grown produce that would be ideal for preserving. Thank you Angela for inspiring me to start preserving again. I encourage others to do the same.

This book appears to have been written in 1966 and is in serious need of updating. If your only looking for information on Freezing, drying and canning - this is the book for you. If you want to include Vacuum sealing, dry canning meats, etc. Look elsewhere. This book covers the basics for newbies. It introduces the reader to the techniques rather than go into detail on each technique. If your wanting to vacuum pack food for SHTF, dry can hamburger, etc., you will learn more on YouTube for free than from this book.

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