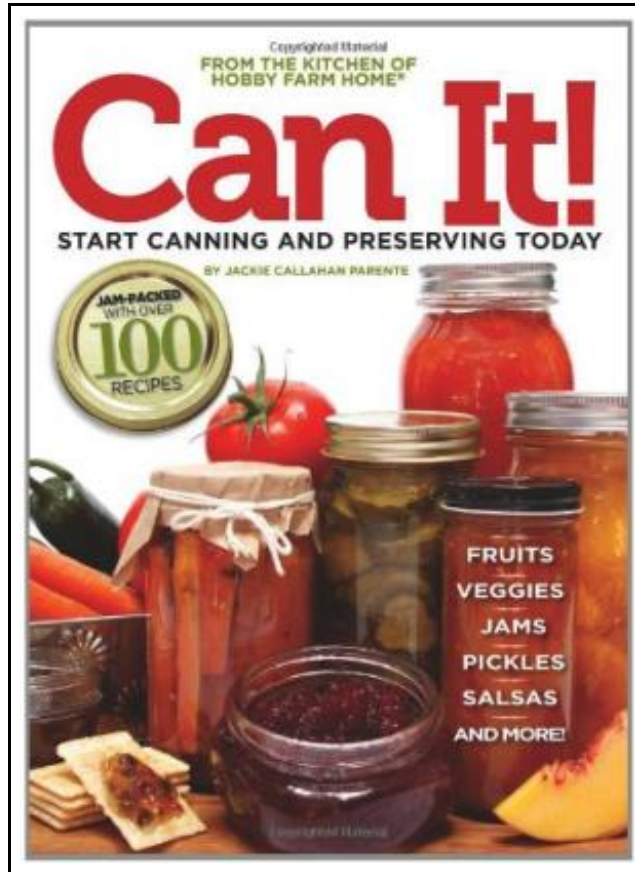


## Can it! Start Canning and Preserving at Home Today



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*(Cathrine Larkin Sr.)*

## CAN IT! START CANNING AND PRESERVING AT HOME TODAY



I-5 Publishing. Paperback. Book Condition: new. BRAND NEW, Can it! Start Canning and Preserving at Home Today, Jackie Callahan Parente, Can It!, from the editors of Hobby Farm Homes, gives readers a contemporary perspective on this favorite traditional kitchen art. As the "eat local" movement sweeps the country, so too does the popularity of canning and preserving the harvest from our own gardens and hobby farms. Filled with nearly 200 full-color photograph and illustrations, Can It! is a detailed beginner's guide that takes the reader step by step through the process of canning fruits and vegetables. From canning tomatoes and squashes to preparing homemade salsas, relishes, and jellies, this book simplifies the processes so that even modern busy people can find time to do it themselves, while emphasizing cost-saving, sustainability, and food safety. The book begins with a chapter on preparing and planning, deciding which methods are right for you, and what produce you like enough to invest the time to preserve it. The methods discussed include freezing, flash freezing, water-bath canning and pressure canning. The author, Jackie Callahan Parente is a lifelong canner and shares her insights, secrets, and shortcuts for each of these methods of food preservation. Charts throughout the book detail methods with specific timings, temperatures, and required equipment. Summary pages ("Process Overview") give the reader a point-by-point wrap-up of each technique with all of the important takeaways. The chapter on freezing offers general guidelines on which foods freeze best (and worst) with safety instructions and processes to capture the freshest flavors from dozens of possible foods. The author offers information on freezers, containers, thawing processes, energy-saving methods, and head space requirements. Sidebars offer ways to avoid and solve common problems such as freezer burn, discoloration, texture issues, and so forth. Three dozen recipes for freezing fruits...



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