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## Preserving Food at Home: A Step-By-Step Guide to Canning and Freezing: Get Your Creative Juices Running on Overdrive with Easy to Learn Food Preservation Techniques and Delicious Recipes!

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By Donna K Stevens

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Fresh Perspective on Frozen and Canned Foods Eating healthy foods, maintaining a healthy lifestyle and preserving the environment all go hand in hand. What better way to achieve that than by preserving your food at home! You not only save on your costs but also will not let good food, rot or get thrown away, which will be a waste. Preserving food at your home also allows you to sustain a healthy diet and maintain a healthy lifestyle in return as well. This book is designed to teach people the proper methods for canning and preserving for all types of foods and the benefits of food preservation. This book also includes recipes for canned and frozen foods., This allows people to practice the canning and freezing techniques described and also become familiar with the proper foods that can be used for food preservation. Food preservation has been going on for centuries and people have always found different methods for storing and preserving their foods. Over time these techniques have developed and become more advanced, which makes you...



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