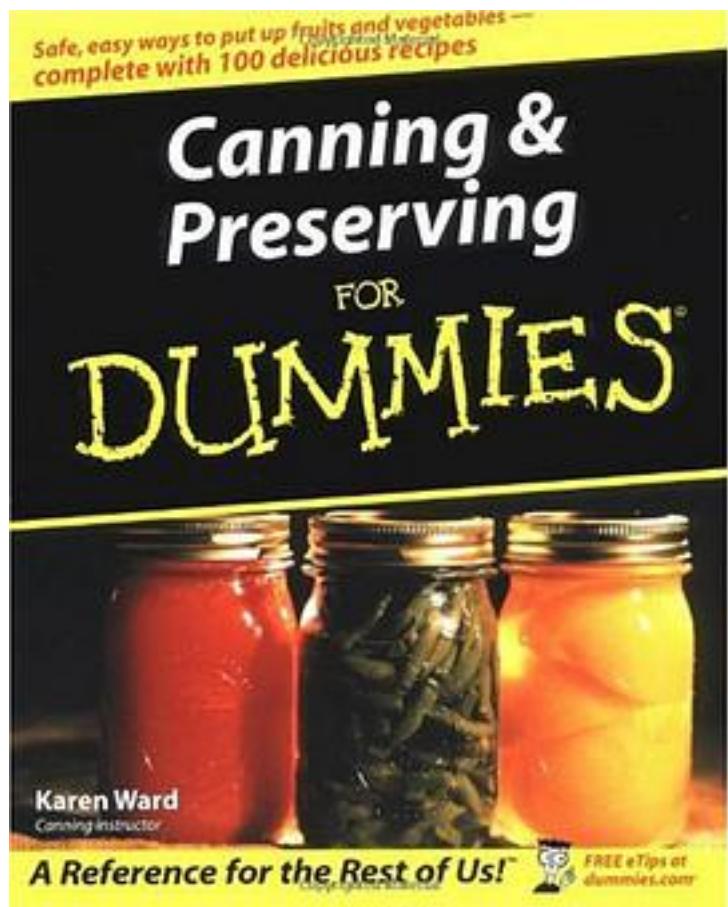


# Canning & Preserving for Dummies



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Thought about canning and preserving your own food? Maybe you haven't given it a try because you believed it would be too involved. The truth is, today's methods and procedures for home-canning, freezing, and drying food are simpler and easier than ever. And now, with this easy-to-follow book, you'll get the information you need to

can and preserve food safely. "Canning and Preserving For Dummies" makes putting up fruits and vegetables in your home as easy as pie. Featuring up-to-date safety guidelines and simple, fun techniques, this practical, friendly guide is for anyone who wants to enjoy delicious, do-it-yourself treats year-round—or even give them as gifts! You get all the juicy details on: water-bath canning; pressure canning; freezing; drying; and, finding the right supplies and equipment. "Canning and Preserving For Dummies" also features yummy, easy-to-do recipes that include preparation times, cooking times, processing times, and the yield you should expect from your efforts. You'll see how to make everything from apple butter, pear-raspberry jam, and bread and butter pickles to chicken stock, tomatillo salsa, and white chili. You'll also discover how to: know the acidity level of your food; pick and prepare fresh fruit; line your jars with liquid; create jams, jellies, and marmalades; preserve chutneys, relishes, and sauces; pickle vegetables; combine foods for convenience; select food for freezing; and, protect the life of your dried food. Providing troubleshooting tips for home-canned creations, sources for locating equipment suppliers, a metric conversion guide, and definitions of preserving terms, "Canning and Preserving For Dummies" has just what you need to fill your pantry with savory homemade fare.

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