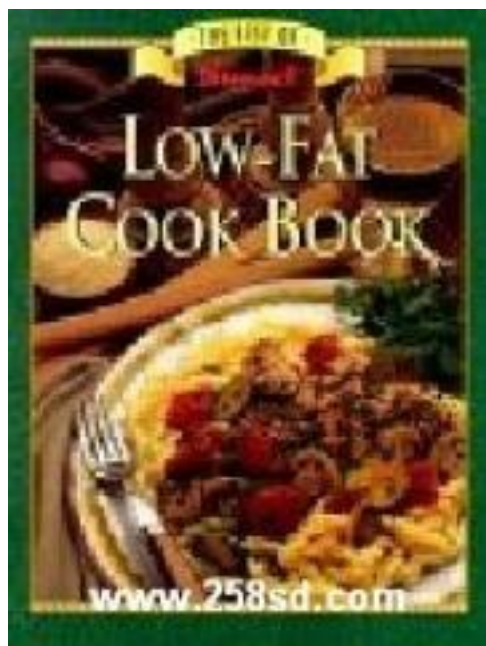


# Low-Fat Cook Book



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著者:

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Amazon.com I grew up watching my mom can everything possible from our huge garden and orchard every summer and fall, and my job was to sterilize the jars in a huge, speckled, blue and white enameled kettle. Just as I was about to “graduate” to fruit preparation and cooking tasks, my folks got divorced and my Mom stopped canning, went back to work, and I had my first commercially canned pickles, tomatoes, and fruits. The difference was a shock to an 11-year-old. Since then, I have yearned to know how to can my own locally available fruits and vegetables without all the salt, sugar, and preservatives. Paging through this book, walking myself through some of the recipes, I began dreaming once more of the wonderful things I got to eat from my Mom's cupboard as a child. I can do this, and with the help of this good book, so can you! --This text refers to an out of print or

unavailable edition of this title.

作者介绍:

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