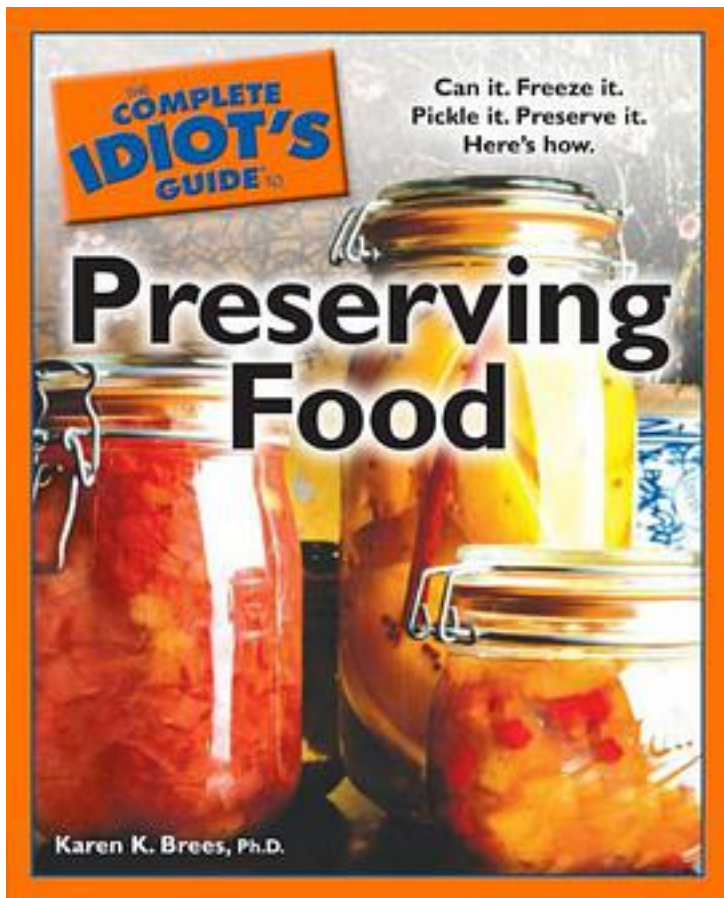


# The Complete Idiot's Guide to Preserving Food



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著者:Brees, Ph.D., Karen K.

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You can preserve just about everything-from soup to nuts.

Food contamination scandals, the rising cost of food, organic eating, and better nutrition-all these factors contribute to the upsurge in interest in food preservation.

While there are many books on canning, freezing, and pickling foods, few are as comprehensive as The Complete Idiot's Guide(r) to Preserving Food , in which readers learn how easy and beneficial food preservation can be with detailed, step-by-step instructions.

\*The sales of Ball(r) jars for preservation have jumped 28% in the past year, indicating a strong increase in interest in preserving food

\*The author is a Master Food Preserver with over 40 years of expertise

\*Advice on preserving for special needs diets is unique to this book

\*Provides instructional photos

作者介绍:

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