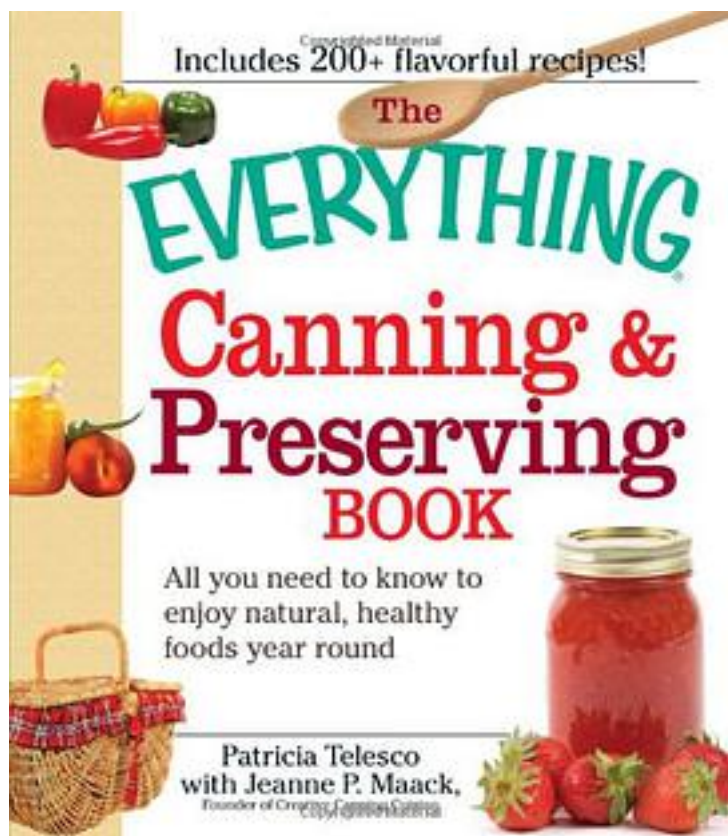


# "Everything" Canning and Preserving Book



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The practice of canning and preserving foods has evolved from a necessity to a popular pastime. There are dozens of reasons to can your own foods at home - from the health benefits to the joy of giving natural homemade gifts. Complete with step-by-step instructions, recipes, and tips, "The Everything Canning and Preserving Book" is a must for beginning and experienced canners alike. When it comes to canning and preserving, the possibilities are endless! In addition to a wealth of

information and 100 great recipes, readers will also find a glossary of terms they can reference and an appendix of resources, including lists of products, books, and web sites, to help them find everything they need to begin canning today!

作者介绍:

目录:

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