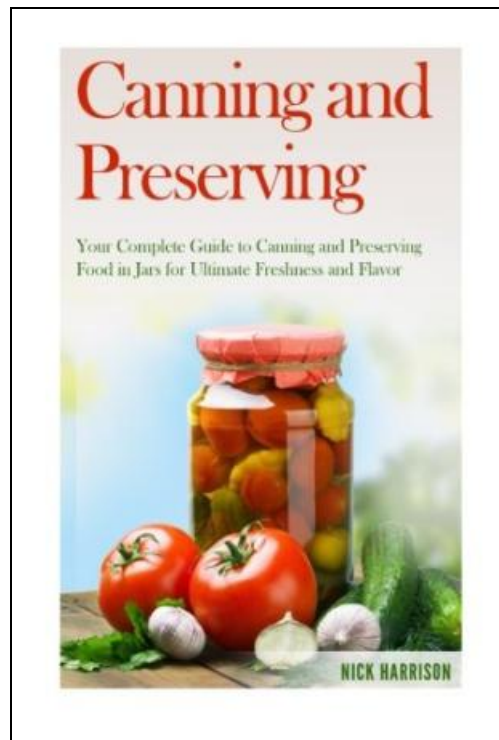


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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Canning and Preserving for Beginners Your Complete Guide to Canning and Preserving Food in Jars for Ultimate Freshness and Flavor -Canning and Preserving- is the book that you ve been waiting for that teaches you the real reasons why food preservation is important, the secret benefits behind it, and the specific strategies and techniques that have been proven to work for countless other people throughout the years. You ll also receive numerous tips that will give you the little known facts of food preservation. If you ve ever felt stressed out, made too many trips to the grocery store or supermarket, spent too much money, and never been guaranteed to receive the food exactly the way you want it (and when you want it), then these, along with many other, difficulties will be quelled once you learn the methods contained in this book. Each page of this guide contains lots of useful information that many people don t know about. As you ll find out, food preservation goes beyond putting steaks in the freezer for the winter. Take a look: 1. Why is food preservation so important? We ll go into the real reasons why food preservation has been important for people for centuries and continues to be today. 2. What are the secret benefits of food preservation? Indeed, there are many secret benefits to food preservation that most people wouldnt t have even though about. 3. What foods can be frozen and which ones can t? There is an entire chapter dedicated to that! 4. How can food preservation help you save on money? Covered! 5 .How is canning food one of the most effective methods of food preservation? The...

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