



Can, Preserve, and Dry: A Beginners Guide To Canning, Preserving, and Dehydrating your Food

Brian Night

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Looking for a great way to save money, eat healthier, and learn a time tested skill set? Learning how to can your own foods is a great way to accomplish all of that and more! This book will cover the equipment you'll need to get started and the different methods of safe, effective canning. During any unstable economy, good preparation means being ready for an unexpected shortage in basic necessities. Learning these techniques will ensure that you're prepared for months, even years with an assortment of wide-ranging nutritional foods. However, preparedness isn't the only reason for food preservation; there are several economical, nutritional, and enjoyable reasons to embrace this movement.

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