



Canning, Freezing And Preserving Summer Produce: Save Your Fruits, Vegetables, And Berries: (How To Store Food And Water, Jar Food) (Survival Series)

Helen Jarret

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Canning, Freezing and Preserving Summer Produce

Save Your Fruits, Vegetables, And Berries

Preserving food items is an interesting and thrifty way to store your pantry and freeze fresh and summer meals all the year long. Canning and preserving food may sound old fashion, but it is a good way to save money on grocery shopping. It is healthy to preserve and freeze food that you can easily use at home. This method is great to maintain the nutritional value of your food items. After preservation, they are still fresh and ready to prepare meals. This book is designed for your convenience so that you can enjoy amazing fruits, vegetables and berries of the summer season for a longer period of time. You have to blanch vegetables in boiling water and for fruits, you can use sugar syrup. This book has 25 recipes that are useful for you to secure your summer food items for a longer period of time. This book offers:

- Basics of Canning, Preserving and Freezing
- Recipes to Freeze Fruits, Vegetables, and Berries
- Canning Recipes for Vegetables

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