

# Canning And Preserving For Beginners The Canning Playbook canning and preserving recipes DIY fermentation and canning short read

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## BOOK DETAILS

- Author : Wellnesia Press
- Pages : 156 Pages
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## BOOK SYNOPSIS

Can your way to good health! Can your way to the bank! With increasing food safety problems, canning will ensure that what you preserved remains healthy without any harmful chemicals. Canning puts you in control over your food. It also saves money in case you have extra produce in the summer and you are not able to grow in the winter. It is also a hedge against food cost escalation especially in the winter when produce is not in plenty. As a Clinician, I can confidently tell you that the difference between good health and sickness is the simple things that you do consistently to promote health and wellness. Cooking your own food, in principle, is a lot healthier because you know exactly what's going into them. The element of control means you can extol a healthier and less fat ridden diet. The idea of food preservation and canning may seem like a daunting task but this book will go through simple step-by-step procedure. It will give you the theory behind food preservation so you fully understand what happens to food and why, and will provide you with easy recipes using every day ingredients that often go to waste. This book should make anyone with a kitchen, a proficient preserver and canner. Now come on board.

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