



Canning And Preserving For Beginners: The Canning Playbook (canning and preserving recipes) (DIY fermentation and canning short read)

By Wellnesia Press

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 156 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. 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 extend 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...



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[1.2 MB]

Reviews

Extensive information! It's this sort of great read through. It is amongst the most incredible book I have gone through. I realized this publication from my i and dad suggested this book to understand.

-- Prof. Devon Bernhard PhD

The book is great and fantastic. Yes, it really is engaging, still an interesting and amazing literature. You won't feel monotony at any moment of your respective time (that's what catalogs are for regarding if you request me).

-- Daren Raynor II

Relevant PDFs



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

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