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Can it! Start Canning and Preserving at Home Today

By Jackie Callahan Parente

I-5 Publishing. Paperback. Book Condition: new. BRAND NEW, Can it! Start Canning and Preserving at Home Today, Jackie Callahan Parente, Can It!, from the editors of Hobby Farm Homes, gives readers a contemporary perspective on this favorite traditional kitchen art. As the "eat local" movement sweeps the country, so too does the popularity of canning and preserving the harvest from our own gardens and hobby farms. Filled with nearly 200 full-color photograph and illustrations, Can It! is a detailed beginner's guide that takes the reader step by step through the process of canning fruits and vegetables. From canning tomatoes and squashes to preparing homemade salsas, relishes, and jellies, this book simplifies the processes so that even modern busy people can find time to do it themselves, while emphasizing cost-saving, sustainability, and food safety. The book begins with a chapter on preparing and planning, deciding which methods are right for you, and what produce you like enough to invest the time to preserve it. The methods discussed include freezing, flash freezing, water-bath canning and pressure canning. The author, Jackie Callahan Parente is a lifelong canner and shares her insights, secrets, and shortcuts for each of these methods of food preservation. Charts...



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