



# Idiot's Guides: Canning and Preserving

*Trish Sebben-Krupka*

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Enjoying locally grown fruits and vegetables year round is a pleasure that appeals to a large and growing audience worldwide. Many people, however, are intimidated by the idea of getting started with this traditional skill. Using full-color photos of techniques and tools, and step-by-step instructions, *Idiot's Guides®: Canning and Preserving* helps readers learn quickly and easily how to store fruits and vegetables for later using various methods. Dozens of basic canning recipes, with variations to make truly unique flavors, are also included. Additional coverage:

- Freezing, which is easier and works well for many kinds of foods
- The water-bath canning method for jams, pickles, salsas, and other high-acid foods
- Pressure-cooking for low-acid foods such as green beans, corn, and potatoes
- Pickling for cucumbers and a variety of other vegetables
- Root-cellarling for apples, carrots, potatoes, and more

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