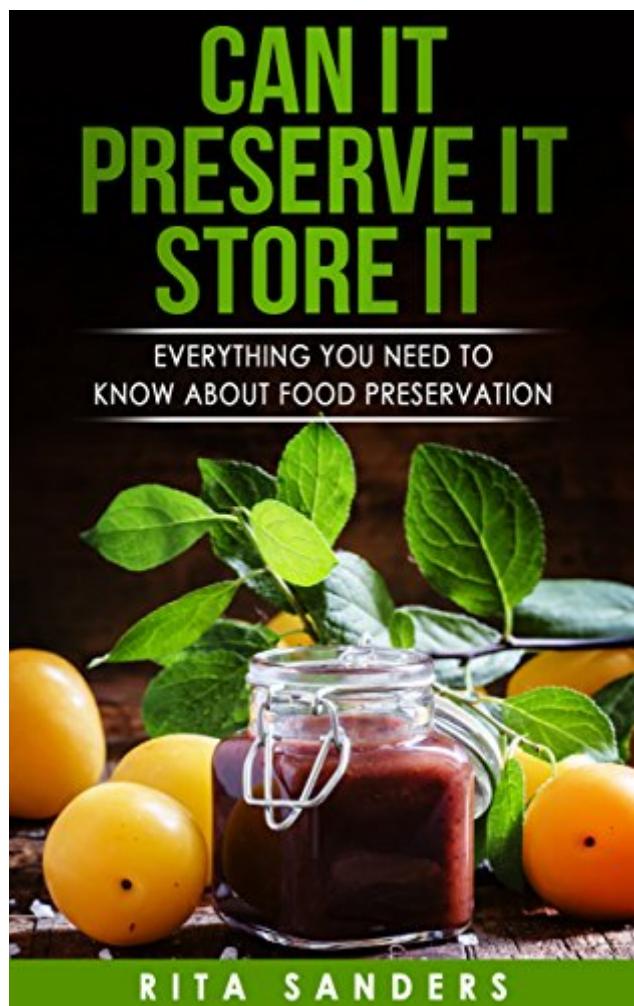


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# Can It, Preserve It, Store It: Everything You Need To Know About Food Preservation



## Synopsis

With a chance to win a variety of gifts worth \$250 and more! Purchase your copy to find out more! Don't just store your food. CAN it and PRESERVE it! Are you ready to learn the secrets of food preservation and become a master of canning? Well, get ready! In today's fast moving world it is all about saving time. We all need to start preserving food, and this goes far beyond our everyday storing of food in a freezer. Adding some simple efficiencies and intentions to this process can change how you live. If you could attack the simple task of food preservation with some extra knowledge, you could not just save money, but change the quality of your life. *Can It, Preserve It, Store It* also details how canning is another underused method of preserving food, which will help you maintain the quality and freshness of your food for even longer periods of time. These additional skills, methods and techniques seem optional now, but our world is quickly changing and understanding these methods will be a MUST for our future. The book also concentrates on the following: Basics and importance of food preservation Everything about canning and freezing The history of fermentation There's no time to wait, tons of food items hope to be canned by you. Get started by scrolling up and downloading *Can it, Preserve it, Store it* today!

## Book Information

File Size: 1716 KB

Print Length: 38 pages

Simultaneous Device Usage: Unlimited

Publisher: The Dash Publishings (October 9, 2016)

Publication Date: October 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01M6UUYZH

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #553,348 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #114

in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #292 in Kindle

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