



Preserving Food: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables (Preserving Food, emergency food, Survival Tips)

Melvin Garcia

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A wonderful how-to guide to begin preserving your fruits and vegetables

Stop throwing wasted food and money down the drain. This 33 step guide to preserving your fruits and vegetables will show you **step-by-step** how to start preserving today. Learn about the most popular forms of **preserving**, which are **canning**, **freezing**, and **dehydrating**. This quick little guide talks about everything from tools and equipment you need, how to store your finished products, and even some easy beginner recipes. Preserving your food is a great way to get that fresh produce to last all year long.

Preserving fruits and vegetables yourself allows you to control what is going into your food. No scary ingredients, chemicals, artificial colors, and “natural” flavors. Preserving allows you to serve your family delicious produce all year long.

Stretching all that great produce to last as long as possible also means big savings.

Stop buying cans and frozen bags of poor quality vegetables and fruits with additives, chemicals, and high sodium levels. Make your own preserved fruits and vegetables and know that you're feeding your family the very best.

This guide will show you the benefits and how easy it is to start preserving:

- All the tools and equipment you'll need to get started
- Simple to follow step-by-step instructions
- Easy troubleshooting
- How to store your preserved fruits and vegetables
- General shelf life for each method

Getting Your FREE Bonus

Download this book, read it to the end and see **"BONUS: Your FREE Gift"** chapter after the conclusion.

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