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How To Dry Preserve Fruits & Vegetables (Canning And Preserving Guides Book 2)



Synopsis

Why Dry Preserve Your Own Food? In essence you have the ability to control what you eat, when you eat and where you eat, not to mention the nutrition and pleasure you get from preserving your own food. Of course, this pleasure is even greater if you happen to be also growing your own food. If that is the case you really are in control. In this book you will find out all you need to know, everything is laid out in an easy to follow manner. Includes pretreatment and drying charts for both fruits and vegetables. Please look below so see only some of the information contained in this book. I do hope you get as much pleasure from preserving your own food as I do. Thanks, Mary-Beth Stenson.

How Does Drying Work? An Overview
Using a Dehydrator For Drying Fruit And Vegetables
Using The Sun To Dry Your Food
Using A Solar Dryer
Using An Oven
How to Choose Foods For Drying
Fruit Quality
Vegetable Quality
Preparing Fruit
Preparing Vegetables Prior To Drying
How To Pre-Treat Fruits And Vegetables
How to Pre-Treat Fruit
Fruit Pre-treatment Methods
â “ Sulfiting
How To Prepare Fruit Using A Honey Dip
How To Pre-Treat Fruit Using A Salt Solution
Dip
How To Pre-treat Fruit Using Ascorbic Acid/Citric Acid Dips
How to Pre-Treat Vegetables For Drying
Steam blanching
Water blanching
How To Dry Fruits And Vegetables Using A Dehydrator
Pretreatments and Drying Times For Fruit
Pretreatments and Drying Times For Vegetables
How To Package Dried Fruits and Vegetables
How To Condition Your Fruit
How To Choose Storage Containers
How To Store Your Dried Fruit
How To Label Your Dried Food

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Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food & Wine

Customer Reviews

I do not like writing reviews but I did like this book. As I titled this good for beginners and also as a refresher read. I read as many books and articles, watch youtube videos on this because I need to keep refreshing myself. I have an old dehydrator and am hoping to get a newer more modern one. The more I research the more I discover a piece of information I either did not know or had forgotten over the years. Mary-Beth did a good job in keeping this fairly simple to understand. This one is a keeper in my library of "go to" books.

I've done this before and have several books on the subject. Will add to my pantry with more of this "in case of" recipe/ingredient collection.

I gave a 3 because of the many spelling mistakes. I did however like much of the information and hope the author proof reads a little better next time.

This is a great little book that is a go to for dehydrating. It has summaries and charts for the basics. Great for beginners as well as old timers.

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Garden Vegetables, and Vegetable Gardening) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) Small Batch Preserving Made Easy: Freezer and Fridge Jam, Jelly, Marmalade, Preserve and Conserve Recipes The Ultimate Guide To Food Dehydration and Drying: How To Dehydrate, Dry, and Preserve Your Food The All New Ball Book Of Canning And Preserving: Over 200 of the Best Canned, Jammed, Pickled, and Preserved Recipes Better Homes and Gardens Complete Canning Guide: Freezing, Preserving, Drying (Better Homes and Gardens Cooking) Canning and Preserving For Dummies Preppers Pantry: The Ultimate Survival Guide For Emergency Water & Food Storage During An Urban Emergency (Urban Survival Pantry, Canning And Preserving, Camping, Life Saving Meals, Survival Guide) Canning & Preserving Salsas, Pickles & Relish: Delicious and Safe Recipes Even a Beginner Could Create You Say Tomato...Canning, Dehydrating, Concentrating: A Handy Guide to Preserving the Season How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) Spice Mixes: Mix Your Own Essential Dry Spices From Around the World to Add Flavor to Your Meals (Dry Herbs & Mixing Spices)

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