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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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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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