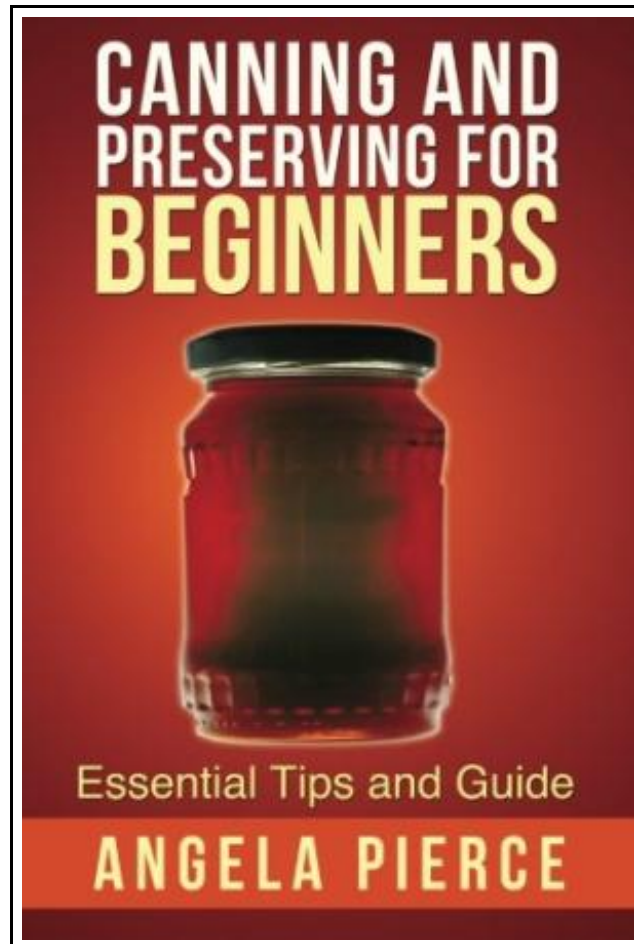


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CANNING AND PRESERVING FOR BEGINNERS: ESSENTIAL TIPS AND GUIDE



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Cooking Genius, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Preserving is defined as the process of maintaining a food s state or condition even for a long period of time and canning is considered as one of the most popular processes of preserving food items. Food items like fruits, vegetables, etc. have a shelf life period by which they would stay fresh and edible, but usually, this shelf life is not as long as you want it to be. However, if they undergo the process of canning and preserving, they can maintain their condition and still be edible even if they are past their actual shelf life already. This is because canning involves putting these foods inside airtight cans or jars in order to lock in freshness and prevent spoilage as well as preserving involves putting ingredients such as salt, lemon, vinegar, etc. that have the ability to preserve food and lengthen their shelf life.



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