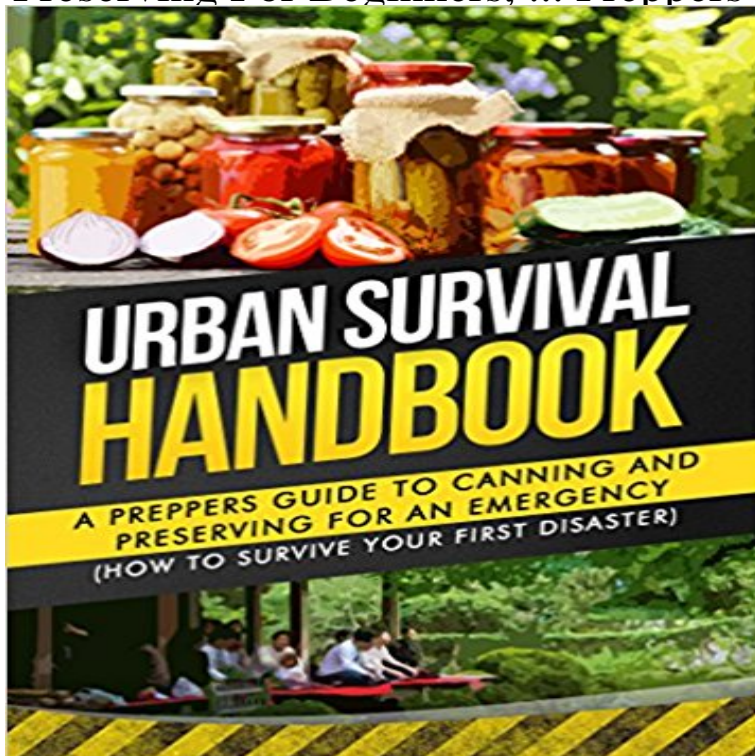


Canning And Preserving: A Preppers Guide To Canning And Preserving For An Emergency (How To Survive Your First Disaster) (Canning And Preserving For Beginners, ... Preppers Pantry, Survival Preparedness)



Keep your food ready and rationed. In any disaster food is of utmost importance when it comes to survival. Whether if all of the nearby supermarkets have vanished or you are stranded - protecting food and preserving supplies is crucial. Knowing how to pressurize, seal and protect jars and various containers will prolong the expiration of the item stored inside. Keep your food fresh and eat well because there are also preparation and cooking strategies involved with canning and preserving your food. Enjoy the tasty recipes we have included such as our carrots and tomatoes. People want to be prepared in case of an emergency and acquisition of food will always be of the utmost importance. Some of them prefer to raid the super markets and get their hands on any form of tin can they can lay their hands on, store it in the basement and leave it there to be used when and if it ever became necessary. While this might be an easy and expedient solution, its neither the healthiest, nor the tastiest, nor the best thing for your finances. Especially if you face medical conditions that would make the consumption of salt a dangerous proposition. In it you will find everything you need to know. From the procedures to prepare food to be stored for quite a long period of time, to the safety precautions and measures required to do it safely and with food thats edible, to quite a number of recipes for preparing this food to your liking. You will also find out which foods are good to undergo these procedures and which ones are not and why, along with the proper storage conditions that will allow you to maintain your produce and edible goods. Learn about: Canning: History and developmentFoods that can be cannedFoods that cannot be cannedCanning preparations and methodsHazards and precautionsRecipes

Download this book to ensure you stay nourished throughout any disaster.

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