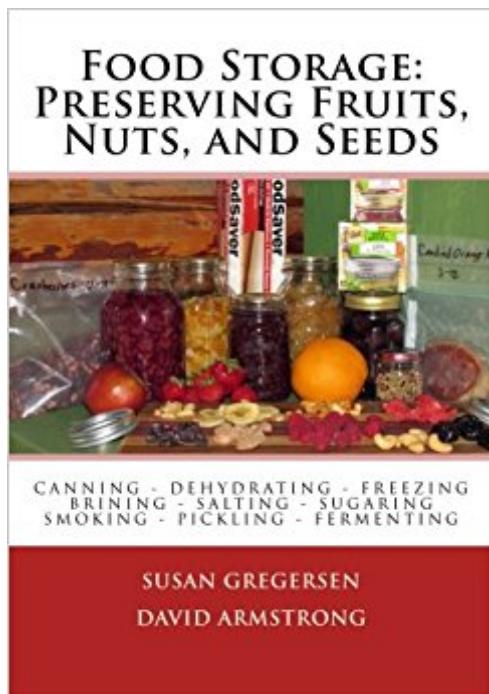


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# Food Storage: Preserving Fruits, Nuts, And Seeds



## Synopsis

There are a lot of books about food preserving but what sets this book (and the first volume, Preserving Meat, Dairy, and Eggs) apart is that each food and all the methods for preserving that particular food are described in their own chapters. In Part I, it begins with fruits and works it's way through each fruit in alphabetical order, then on to nuts and seeds. All methods that work well with each food are explained along with directions for the preparation and processing of that food. There is also information about what doesn't work and why. In Part II, there is an explanation of the preserving methods, how to do them, and what you'll need: Canning, dehydrating, freezing, salting, brining, sugaring, smoking, pickling, and fermenting, as well as some not-as-often heard of ones as ash, oil, and honey for preservation. The authors live on opposite ends of the country (north and south) and bring some of their own regional flavor to the book, making it interesting as well as informative.

## Book Information

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## Customer Reviews

I've just gone through the Kindle version of Food Storage: Preserving Fruits, Nuts, and Seeds, and I'm looking forward to the print version. This book is set up much like Susan's and David's earlier co-creation, Food Storage: Preserving Meat, Dairy, and Eggs. That is, rather than listing preservation methods, they have the book organized by the fruit, followed by the different preservation methods for that particular fruit. That makes my job so much easier, because that's the way I think. When I set out to preserve something, it's because I have a bunch of apples, or blackberries, or pears, and I need to know what I can do with that specific fruit. With Susan's and

David's book, I don't have to flip back and forth looking at all the different methods of preserving fruit in general. All the information for the one item I'm preserving is in one place. And there is a lot of information (preservation methods) for each item listed, sprinkled with Susan's and David's personal experiences. They deviate just slightly from this organization method when it comes to nuts and seeds. Rather than listing each nut and each seed individually (followed by preservation methods), nuts and seeds are taken as a whole, with preservation methods described in detail. There is more that can be done with nuts and seeds than I ever knew, and I look forward to trying my hand at canning our hazelnuts this autumn. Besides the knowledge and organization that went into this book, I appreciate the personal feel of Susan's and David's writing. It's like having them there, talking me through the process. While I have not personally met either author, I am familiar with both through online forums, and I know they both walk the walk. Food preservation is part of their daily lives, and they know what they talk about. Like *Food Storage: Preserving Meat, Dairy, and Eggs*, this book is not a hefty tome. But it is packed with information all the same. And when my print version arrives, it will slide easily into a spot in my kitchen, next to their other book, as a quick, go-to resource. The value is unbeatable. I honestly can't wait to see what these two come up with next.

well written, clear instructions and great ideas, so I have it in my go to reference books. I really appreciated the conversational tone of the book that followed the real life experiences of what worked and what...well, didn't work quite as well as they expected. Easy to learn and remember from their mistakes in order to avoid repeating and wasting your supplies and /or money. It is thin and easily fits into a bug out bag.

I used this book last fall and will use it again. Much of it I already knew but I've done my own preserving, canning, freezing for many decades because I grow many of my own veggies and fruits. I still learned info from this book. It would be good for people new to preserving.

good basic stuff...a starting point

I find all the information in this book to be really do-able rather than just wishing I could do something. I am using this book already and so far, everything I have tried to do has worked.

So grateful someone wrote a book with all this information, all in one handy place! Covers a lot of ways to store, and keep fresh longer, etc...

I love the works of this author. I bought all the other titles by Susan Gregersen that I could find. Very useful information and affordable too!

Excellent book. Covered a lot of ground. It is a good companion book with others I have.

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