



# Complete Guide to Home Canning and Preserving (Second Revised Edition)

*U.S. Dept. of Agriculture*

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## **Complete Guide to Home Canning and Preserving (Second Revised Edition)** U.S. Dept. of Agriculture

This practical, easy-to-follow guide—newly revised and updated—offers food shoppers an attractive, high-quality alternative to high-priced, overprocessed, and undernourishing foods. Virtually everything you need to know about home canning is here: how to select, prepare, and can fruits, vegetables, poultry, red meats, and seafoods; how to preserve fruit spreads, fermented foods, and pickled vegetables; how to test jar seals, identify and handle spoiled canned foods, prepare foods for special diets, and much more.

Also included are scores of simply written recipes that enable even beginners to prepare such taste-tempting dishes as smoked fish, turkey-tamale pie, chicken croquettes, Mexican tomato sauce, strawberry-rhubarb pie, chile con carne, apple butter, pickled sweet green tomatoes, and a peach-pineapple spread.

Easy-to-follow directions make canning simple even for those who have never tried it. Nothing is assumed! Every step, every detail is carefully explained and has been thoroughly tested by government experts.

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