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Canning is the process of sterilizing and sealing foods in airtight containers to preserve them . To retain nutrients and optimum quality, preserve fruits and vegetables when at their peak of freshness . Clean the food thoroughly before processing . Salt and/or sugar may be added to

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Canning and Preserving All-in-One For Dummies is a perfect guide for home cooks looking to learn how to can and preserve their own food, covering preparation times, cooking times, processing times, and the yield

you should expect from your efforts, as well as the newest equipment needed to create and store your own healthy foods.

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