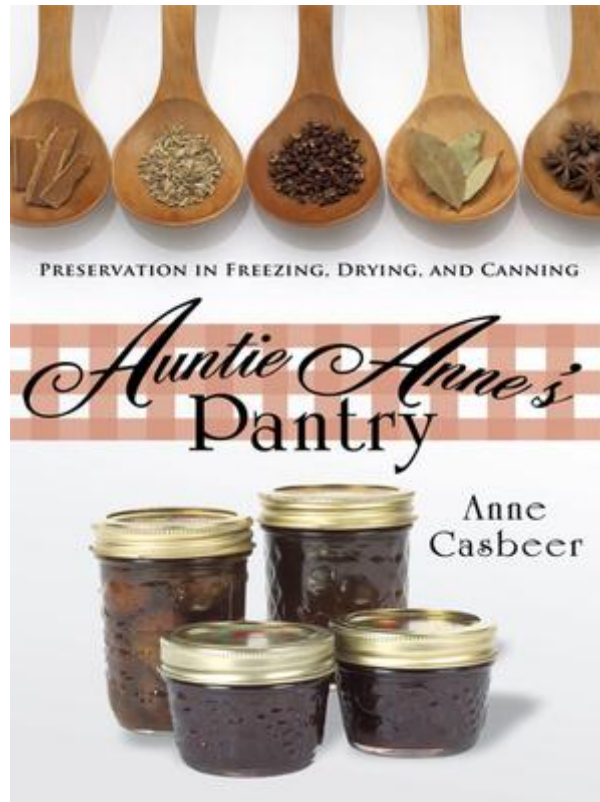


Auntie Anne's Pantry: Preservation In Freezing, Drying, And Canning - Anne Casbeer



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Have you ever wondered how to create quick, healthy, and inexpensive meals with today's increasing cost of living? Getting back to basics will help. Gardening and preserving food will help you to manage the quality, cost, and nutrition of the foods you eat. "Auntie Anne's Pantry" is not the usual food preservation cookbook. The recipes come from years of experiences, when storing food through winter was necessary and more common. Recipes are favorites from the author's families' pantry and include everything from appetizers to desserts. The recipes in "Auntie Anne's Pantry" provide quick, healthy, and economical meals, which are perfect for today's busy schedules. Fruits and vegetables are preserved when plentiful and in season, whether grown in your personal garden or bought from a farmer's market. Food is "put up" for the off-season when more scarce and expensive. This book is a great guide for your food storage, back to basics experience. "Auntie Anne's Pantry" was written by the author of "Wonderful Wheat," a book about cooking with a hearty grain for healthy homes. Author: Casbeer, Anne Publisher: Trafford Publishing Illustration: N Language: ENG Title: Auntie Anne's Pantry: Preservation in Freezing, Drying,

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