



Home Food Preservation

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Home Food Preservation

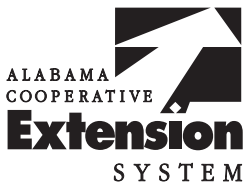
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Evelyn F. Crayton

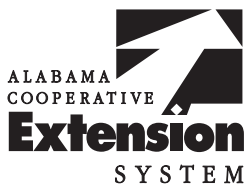
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2012



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Food Preservation

Canning, freezing, and drying allow you to preserve the flavor and nutrients of fresh food so that you may enjoy and benefit from them long after they are in season. The appearance, flavor, texture, and nutritional value will be altered to some extent, but when properly preserved, the food will be good for you and will taste good, too.

Foods normally begin to spoil very shortly after they are harvested. Spoilage results from chemical changes such as those caused by enzymes, from growth of microorganisms such as molds and bacteria, and from physical damage such as water loss and bruising. Food preservation methods do destroy some microorganisms, but primarily they only stop the spoilage process during the time that the food is sealed and stored. As soon as the canning jar or freezer package is opened, the foods begin to deteriorate again.

There are three major categories of food preservation: canning, freezing, and drying. Pickles and jellied products must be canned to be preserved for an extended time. But, they are treated separately in this book because the procedures for preparing pickles and jellies before canning them are so different from preparing fruits and vegetables that will simply be canned.

The following Glossary Of Terms will be helpful if you are preserving food for the first time. Beyond the Glossary are several tables that should be helpful, as well. And, the experienced food preservers will find the timetables near the end of the book a handy reference.