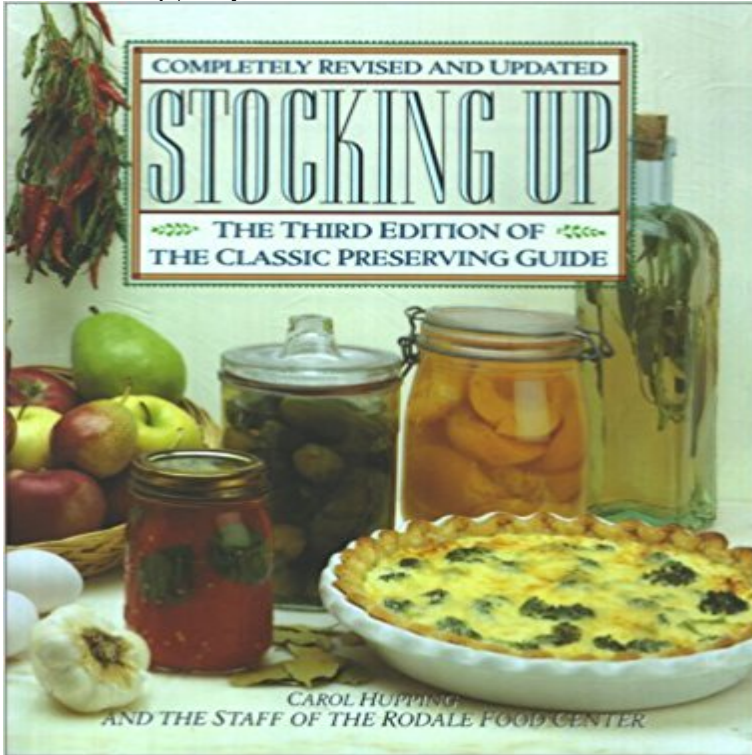


# Stocking Up : The Third Edition of Americas Classic Preserving Guide



The most comprehensive, up-to-date guide to harvesting, storing, preparing, and preserving foods of all kinds. For the self-sufficient farmer or the urban weekend gardener, the third edition of *Stocking Up* is an invaluable addition to any kitchen. With detailed illustrations and easy-to-follow directions, this encyclopedic resource makes stocking up easy. Follow step-by-step instructions for: -Freezing, canning, drying, and preserving fruits, vegetables, meats, fish, and poultry -Harvesting nuts, seeds, sprouts, fruits, and vegetables -Preparing pickles, relishes, jams, jellies, butters, cheeses, and breads. With more than 300 recipes for preservable foods from old standards like casseroles, fruit leather, and ice cream to new favorites such as sun-dried tomatoes, herb vinegars, and salt- and sugar-free versions of basic fare, *Stocking Up* covers everything for the home cook. Hundreds of charts and illustrations simplify preserving chores and choices for everyone interested in stocking up on wholesome, natural foods.

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**Stocking Up: How to Preserve the Foods You Grow Naturally** Stocking Up III has 93 ratings and 14 reviews. Ana said: OK, so I didnt read this -- its a resource book and not the kind of thing you read all the way **I can, you can, we all can!: Essential books for preserving seasonal** Buy *Stocking Up III: Americas Classic Preserving Guide* by Carol Huppington *Stocking Up: The Third Edition of Americas Classic Preserving Guide* Paperback. **Stocking Up: The Third Edition of Americas Classic Preserving** The most comprehensive, up-to-date guide to harvesting, storing, preparing, and preserving foods of all the self-sufficient farmer or the urban weekend [PDF] **Stocking Up: The Third Edition of America s Classic** *Stocking Up: The Third Edition of Americas Classic Preserving Guide*. Carol Huppington 4.7 out of 5 stars 52. Paperback. \$11.35 Prime. *Stocking Up: How to* **Stocking Up: The Third Edition of Americas Classic Preserving Guide** The most comprehensive, up-to-date guide to harvesting, storing, preparing, and preserving foods of all kinds. For the self-sufficient farmer or **Stocking Up: How to Preserve the Foods You Grow, Naturally** *Stocking Up: The Third Edition of Americas Classic Preserving Guide* by Carol Hu Books, Cookbooks eBay! **Stocking Up: The Third Edition of Americas Classic Preserving** *Stocking Up: The Third Edition of Americas Classic Preserving Guide* by Carol Huppington and the staff of the Rodale Food Center Both of these **Stocking Up: The Third Edition of**

