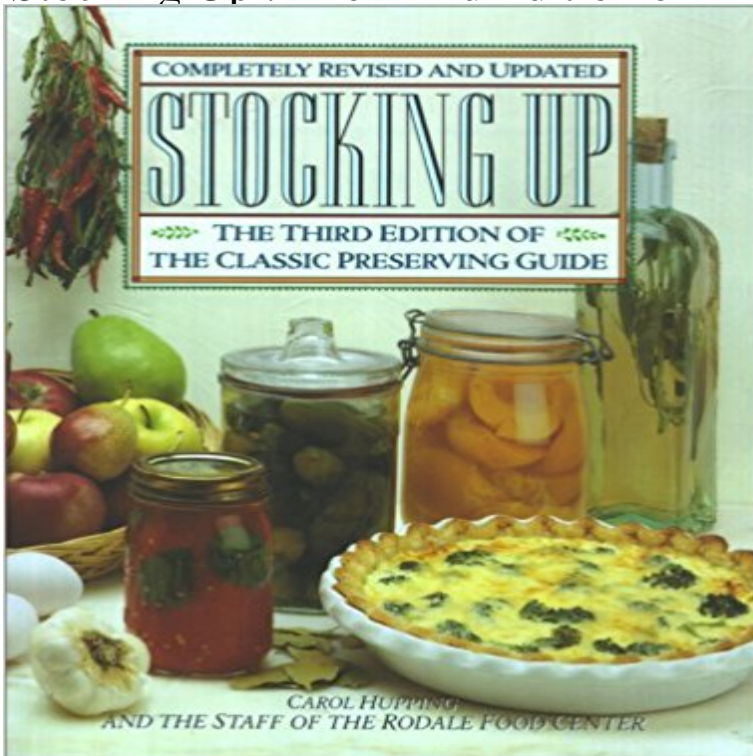


Stocking Up : The Third Edition of Americas Classic Preserving Guide



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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