



Preserving Everything: Can, Culture, Pickle, Freeze, Ferment, Dehydrate, Salt, Smoke, and Store Fruits, Vegetables, Meat, Milk, and More (Countryman Know How)

By Leda Meredith

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The ultimate guide to putting up food.

How many ways can you preserve a strawberry? You can freeze it, dry it, pickle it, or can it. Milk gets cultured, or fermented, and is preserved as cheese or yogurt. Fish can be smoked, salted, dehydrated, and preserved in oil. Pork becomes jerky. Cucumbers become pickles. There is no end to the magic of food preservation, and in *Preserving Everything*, Leda Meredith leads readers?both newbies and old hands?in every sort of preservation technique imaginable.

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Editorial Review

About the Author

Leda Meredith has been preserving food since she was a kid at her great-grandmother's side. She is the guide to food preservation at About.com, teaches food preservation and foraging throughout the Northeast, and is a regular contributor to numerous food-related publications. She lives in Brooklyn, New York.

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