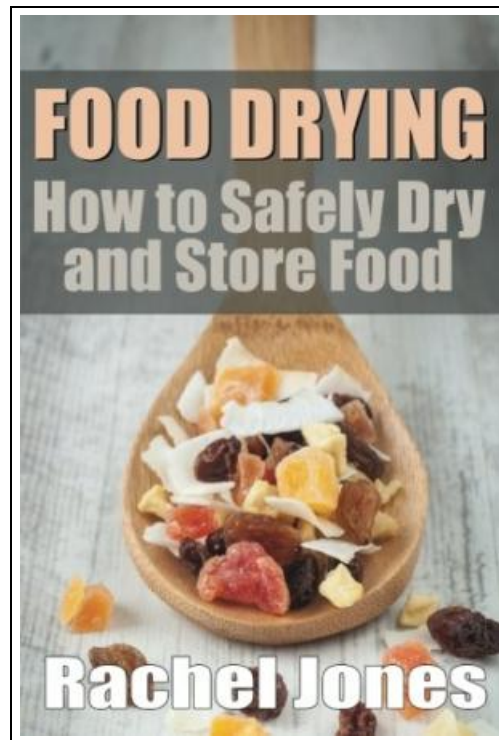


Food Drying: How to Safely Dry and Store Food



Filesize: 6.67 MB

Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.
(Adolfo Lindgren)

FOOD DRYING: HOW TO SAFELY DRY AND STORE FOOD



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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This book contains all the information you need to learn to safely dry and store food. Food dehydration is a food preservation technique that can be used by farmers, gardeners, hunters and fisherman to extend the harvest and to put away food for long-term storage. Dried food is great for health food enthusiasts, vegetarians, people on a raw food diet and anyone else looking to add tasty and healthy foods to their diet. All three of the safe home drying methods are included in this book. Electric dehydration, solar dehydration and oven dehydration are all covered in detail. This handy guide explains how to dry the following foods: Fruit.Fruit leathers.Vegetables.Meat.Fish.Herbs and spices. 40 fruits and vegetables are covered, including the following: Artichokes.Asparagus.Beets.Broccoli.Cabbage.Carrots.Cauliflower.Celery.Peppe rs.Corn.Green beans.Mushrooms.Onions.Peas.Potatoes.Tomatoes.Apples.Apricots.Bananas.Berries.Cherries.Citrus fruit.Figs.Grapes.Kiwi.Melons.Papaya.Peaches and nectarines.and more . . . In addition to individual fruits, fruit leathers are also covered in detail, including the following 10 easy and all-natural fruit leather recipes: Applesauce.Apple ginger.Banana berry.Coconut banana pineapple.Grape.Green apple.Peach raspberry.Strawberry.Strawberry banana.Tropical sunrise. Buy **Food Drying: How to Safely Dry and Store Foods** and learn how to dehydrate food today.



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