



# Preserving Food 2-Box Set: Fermenting Vegetables at Home, Drying Foods At Home

*Amelia Jones, Kathy Hall*

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BOOKS INCLUDED:

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Fermenting Vegetables at Home: Vegetable Fermentation Secrets To Make Vegetables Last Longer, Avoid Infection, And Taste Delicious

Read this practical vegetable fermentation guide and discover...

- \* What is vegetable fermentation and why is it beneficial?
- \* What equipment do you need to ferment vegetables?
- \* Should you use cloth or tight glass jar lids? Pros and cons of both.
- \* The best ways to prepare vegetables for fermentation.
- \* How to create the most surface area for salt to penetrate the vegetables faster.
- \* Should you ferment with salt, whey, or starter culture?
- \* How to speed up the vegetable fermentation process.
- \* How to slow down the fermentation process for longer lasting cultured vegetables.
- \* Tips on substituting starter cultures in your recipes.
- \* Different ways of keeping the vegetables submerged in the brine.
- \* The 3 signs that cultured vegetables are ready to be moved to cold storage.

...and many more vegetable fermentation secrets for the tastiest and longest lasting cultured vegetables!

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Drying Foods At Home: Food Dehydration Secrets To Make Your Fruits And Vegetables Last Longer, Avoid Infection, And Taste Delicious

What is dehydration and how can it help you?


How can you get the best results from dehydration?

This practical food dehydration guide answers these questions and more, including...

- \* How to get fruit to dry evenly.
- \* How to keep fruits and vegetables from browning.
- \* What are the best methods for dehydrating?
- \* How to make sure the moisture in your dry food is spread evenly to prevent mold.
- \* How to package dried food correctly so insects or moisture don't get in.
- \* What are the best types of containers for packaging dried food?
- \* How to store dried food so it will last longer and not go bad.

...and many more food drying secrets to have the best and most delicious dried food!

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