



Food Storage: Preserving Fruits, Nuts, and Seeds

Susan Gregersen, David Armstrong

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There are a lot of books about food preserving but what sets this book (and the first volume, Preserving Meat, Dairy, and Eggs) apart is that each food and all the methods for preserving that particular food are described in their own chapters. The active table of contents allows you to click on a food or subject and go right to it.

In Part I, it begins with fruits and works it's way through each fruit in alphabetical order, then on to nuts and seeds. All methods that work well with each food are explained along with directions for the preparation and processing of that food. There is also information about what doesn't work and why.

In Part II, there is an explanation of the preserving methods, how to do them, and what you'll need: Canning, dehydrating, freezing, salting, brining, sugaring, smoking, pickling, and fermenting, as well as some not-as-often heard of ones as ash, oil, and honey for preservation.

The authors live on opposite ends of the country (north and south) and bring some of their own regional flavor to the book, making it interesting as well as informative.

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