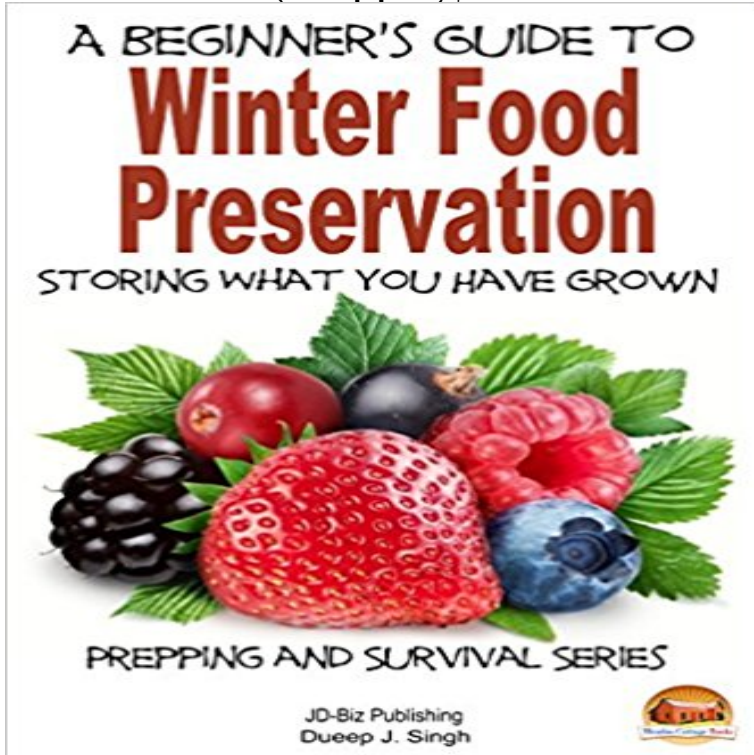


A Beginners Guide to Winter Food Preservation - Storing What You Have Grown (Prepping and Survival Series Book 19)



A Beginners Guide to Winter Food Preservation - Storing What You Have Grown Table of Contents Introduction Sauerkraut Kimchi-or Fermented Radish/Cabbage Salting Beans Preparing The Beans for Preserving Using Preserved Salted Beans Preserving Tomatoes in Puree Spiced Fruits Spiced Crabapples. Spiced Peaches Traditional Red/Green Tomato Chutney Fruit Cheeses and Butters Rules for Making Fruit Cheeses and Butters Potting Apple Cheese Herbal Butters Apple and Plum Butter Fruit Syrups Soft fruit Juice Extraction Hard Fruit Juice Extraction Making a Jelly after Juice Extraction Soft Berry Syrups Elderflower syrup Rose Hip Syrup Conclusion Author Bio Publisher Introduction

Millenniums ago, human beings began to evolve from hunters into settlers. That is when they began to grow food, instead of searching for it and handing it down. Then came the knowledge and understanding of the seasons, which would appear periodically, as a natural part of life and nature. So after spring, summer and autumn, came the harsh winter, when they might have found them snowbound, depending on the area in which they lived. And so the irresponsible and elders of the tribe, decided that there should be some method in which the food collected during the spring and summer could be preserved for use in the winter. And so down the ages, many processes, including using salt to preserve food came into existence. Apart from making jams, jellies, and chutneys, preserving fruit and vegetables, fresh from the garden in salt, or in brine or in vinegars, syrups and oil became a tradition of everyday life. Up to the 19th century, a housewife who was only interested in caring about her family and household, instead of getting sidetracked with careers and trying to juggle both of them at the same time could concentrate on preserving the harvest. So, East or West, here are some traditional

ways and means in which you can preserve food for winter use.

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