How To Get Started Canning

Canning provides a typical shelf life of between one and five years, although some freeze-dried foods, such as canned, dried lentils, can last as long as 30 years in an edible state.

If you grow your own fruit and vegetables, you often get a seasonal glut. Canning is a great way to preserve some of this food so you can enjoy it through the winter months when there are few crops to harvest.

Canning is also popular with preppers and others, who want to store food now to help insulate themselves from rising food prices and future food shortages.

If you have been thinking of getting started canning, take a look at the article below by sbcanning.com, which provides an excellent introduction to canning.

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(Photo from: sbcanning.com)