New to Food Preserving? Start here

Categories: Food & Water, General Prepping, Homesteading, Recipes, Self-Sufficiency

Getting Started with Food Storage

Do you know what? Even if you are not new to food storage and preserving, you should STILL check out the excellent post below. It really is a goldmine of food preserving information and advice...

The post covers: cold storage, drying food, canning, freezing, lactofermentation, preserving in salt and sugar, pickling in vinegar and immersion in oils and alcohol. There is even advice on which methods are best for preserving nutrients. Check it out and get canning and preserving!

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(Photo from: Common Sense Homesteading)