



Home Food Dehydration and Preservation: How To Dehydrate, Dry, and Preserve Your Food

Brian Night

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Food dehydration, freezing, and pickling are some of the most effective methods of food storage and preservation that exist. They're practical not only in case of an emergency or natural disaster, but also for stretching your food budget. During any unstable economy, good preparation means being ready for an unexpected shortage in basic necessities. Learning these techniques will ensure that you're prepared for months, even years with an assortment of wide-ranging nutritional foods. However, preparedness isn't the only reason for food preservation; there are several economical, nutritional, and enjoyable reasons to embrace this movement. These age-old practices are every bit as relevant today as they were thousands of years ago, ultimately standing the test of time. Whether you're familiar with these techniques or not, this book delivers the goods in a simple, easy-to-follow manner. Learn the best food drying and dehydration methods as well as helpful tips on freeze-drying and pickling that are certain to change the way you look at food.

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