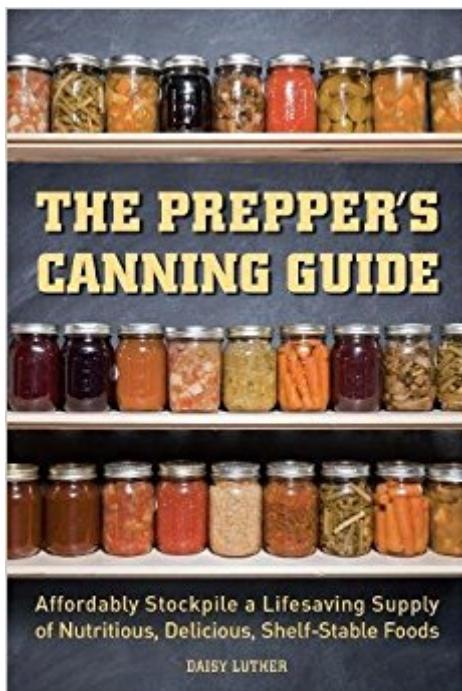


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# The Prepper's Canning Guide: Affordably Stockpile A Lifesaving Supply Of Nutritious, Delicious, Shelf-Stable Foods



## Synopsis

A practical and approachable guide to amassing an emergency food supply filled with your own natural dishes. As the disaster drags on for days, weeks, months or even years, food scarcity and starvation will fuel people's desperation. Even preppers like you will need more than dried beans and rice to survive. With The Prepper's Canning Guide, you'll learn the lifesaving techniques to take your food storage to the next level, including how to:

- Store nutrition-packed foods
- Create delicious MREs
- Can protein-rich meat and poultry
- Make canned produce last longer
- Use time-tested water-bath methods
- Utilize modern pressure canning

From food safety guidelines to grid failure canning tips, this book will guarantee your family stays safe, secure and well-fed.

## Book Information

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## Customer Reviews

Daisy Luther is the author of Prepper's Water Survival Guide, The Pantry Primer and The Organic Canner. On her website, The Organic Prepper, Daisy writes about healthy prepping, homesteading adventures, frugal living, and the pursuit of liberty and food freedom. She is also the co-founder of the website Nutritional Anarchy, which focuses on resistance through food self-sufficiency.

Lot of great canning ideas in here for me to try out. Cannot wait.

"The Prepper's Canning Guide" by Daisy Luther is an excellent guide to help those interested in preparedness start to save money and build a supply of healthy and delicious canned foods! There are many reasons you should can your own food. Canning enables you to preserve your garden spoils and eat healthy, home-grown foods all year long. You can also buy fresh in-season foods and preserve them for later use, which saves money. Canned foods are not affected by power outages, so you won't lose all your food if your freezer doesn't work. It's also much less expensive than buying freeze-dried foods, and canned foods don't require, much, if any, additional water to prepare. As the foods are already cooked, all you have to do is heat and eat. As a prepper myself for many years, I have a nice, full pantry. I bought a water bath canner several years ago, and have some jars and lids. But canning always seemed a little mysterious and daunting, so not having any friends or family members to teach me, I never actually tried it. This book has changed my mind and has made me reconsider my plans. It covers all of the safety issues and gets into the specifics of both water bath and pressure canning. There are lots of useful tips like "12 ways to use homemade jam that don't involve toast" and recipes for condiments, jams, fruit, vegetables, meats, soups & stews, even mouth-watering main dishes like chicken cacciatore, Irish brisket and potatoes, beef burgundy, and pot roast. The appendix is chock full of quick references for canning times, food preparation guidelines, and volume and weight conversions. Written by a prepper for other preppers, this book condenses years of experience into easy to follow instructions that make canning your own food safe and convenient. I highly recommend this book to both new and experienced preppers who are interested in saving money, building their supply of food, and becoming more self-sufficient. I received a copy of this release from the publisher for review purposes.

Just got my pre-order! Exactly the kind of book I needed. Explains everything. Looks like I'll be keeping this one in my kitchen. Very helpful. Now to get more jars....

Overall, a very good buy. It had some recipes I had not seen anywhere else. Not very concise as to amounts, had to guesstimate several times. It is a good resource for beginners.

I have all of Daisy's books and they just keep getting better. Her ability to write a well researched and credible reference that is actually FUN to read is amazing. I recommend this book to anyone and everyone that has a fear of canning. Following her hints, tips, and tried and true recipes, you will not blow up your kitchen and you will not poison your family. Instead, you will have a pantry filled with goodness. What more could you ask for?

As a prepper, I'd have ignored canning. I haven't been interested either. Pretty short-sighted, right? Yep. When I think of canning, I think of fruits and vegetables in tightly sealed Mason jars and maybe some jellies. Was I wrong? Again, yep. There are so many things that can be canned. Some of the chapters give great recipes and canning techniques using pickles, meats, beans, and even soups, stews, and main dishes. Those caught me off guard and made me think that I'd have been really missing out on ways to increase my food preps! Smartly, the book starts off with general info, food safety (very important), and then the basics of canning along with what not to can. Part two constitutes the above list of food items including pretty neat recipes that won't leave your food storage with the "blahs". The third part of the book deals with the canning of the soups, stews, main dishes, even leftovers. I'm thinking, at this point, that there's nothing left to learn but there are "Helpful Hints" to top it all off. I figured I would be sort of bored, but the book covers enough topics that it makes one want to give canning a try. Small stuff first and if that's successful, maybe I could move on to the main dish or leftover canning. Also, the logical layout of the book made sense to me and didn't make me jump from one chapter and back to another to "connect the dots", so to speak. I like that. Being efficient in prepping is a smart way to do things. Now that I have enough info to be dangerous, I just might see what I can preserve and can.

Lots of great recipes tips and tricks. Great book for the price.

I have followed Daisy's website for a few years and this book was everything I was hoping for. I am new to canning and she explained everything very well, including things not to do and why. The book is well written in an easy to read format that made me feel like she was beside me teaching. She offered substitutes when possible, and even ideas on how to prepare meals that have been already canned. Some of the recipes may be common, I don't know, as I am still new to canning. But they certainly will be something I will try.

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