



# **Modern Rustic: Canning, Pickling and Dehydrating: A Guide to Food Preservation - Includes Canning, Pickling, Dehydrating and How to Start a Root Cellar**

*Eric Beuning*

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The homesteading movement today has a diverse range of people practicing their own brand or philosophy of living off the land. Some people turn towards animal husbandry, getting their milk and meat from cattle, goats or pigs. Other homesteaders might use wild game trapping and hunting for their core protein. Many turn to gardens and orchards for the kinds of fruits and vegetables you simply can't get at the grocery store. Regardless of a homesteader's chosen lifestyle there still remains the core philosophy of living life by the work of your own two hands and making the most of what the forest, field and soil have to offer. Enjoying fresh fruits, vegetables, milk and meats during the peak season is a great benefit. Inevitably, each homesteader finds themselves in a situation where they are staring at more bounty than they can eat and they have to find the best way to preserve the harvest. In this book we'll take a look at various preservation techniques for canning fruits and vegetables as well as meat. We'll also look at the best methods for pickling, fermenting and dehydrating as well as setting up a root cellar. Many recipes are included that have been time tested and perfected through years of practice.

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