



# **Creative Canning and Preserving: A Beginner's Step-by-Step Guide to Canning and Preserving Vegetables the Right Way**

*Virginia Kitchens*

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## **Creative Canning and Preserving: A Beginner's Step-by-Step Guide to Canning and Preserving Vegetables the Right Way** Virginia Kitchens

Would You Like a Step by Step Guide to Preserving Vegetables? Don't you hate buying bags of fresh vegetables only to throw them away in a few days or a week because they don't stay fresh in your refrigerator? What a waste of food and money. How would you like to learn an easy and fun way of preserving your vegetables? Do it yourself home canning is a healthy way to preserve your vegetables. Your own canning tastes much better than processed canned vegetables in the store, and just might be healthier without all the manufactured additives. Inside you will find my step by step process for preparing vegetables for canning; from the Basics all the way to the Recipes ... ENJOY!!

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