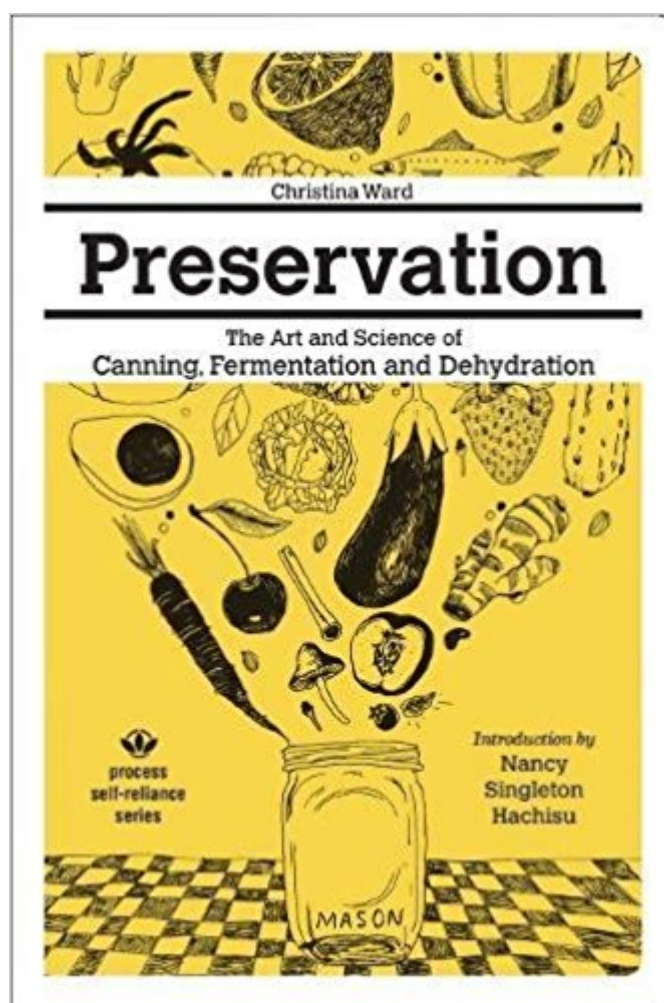


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# Preservation: The Art And Science Of Canning, Fermentation And Dehydration (Process Self-reliance Series)



## Synopsis

More than a cookbook, *Preservation: The Art and Science of Canning, Fermentation and Dehydration* demystifies the scientific concepts that inform the methods of food preservation in an easy to understand way. Taking Julia Child as her inspiration, certified Master Food Preserver Christina Ward has collected and translated both the scientific and experiential information that has long been the sole domain of academic scientists and elite chefs. Fueled by her mission to correct online misinformation and scientifically outdated materials, Ward guides readers through a comprehensive survey of the methods that will ensure your preservation projects are safe and delicious. Included are highly adaptable recipes that demonstrate every method and technique of preservation. Foreword by Nancy Singleton Hachisu, an expert in Japanese food traditions. Her second book, *Preserving the Japanese Way*, was nominated for the 2016 James Beard Award in the International Cookbook category. For fans of Alton Brown, Kenji Alt-Lopez, and Harold McGee, *Preservation: The Art and Science of Canning, Fermentation and Dehydration* is the guide you never knew you needed. You'll never look at a jar of strawberry jam the same way. Chapters include information on freezing, pressure canning, hot-water bath and atmospheric canning, dehydration, fermentation, smoking, and curing. Also included are a detailed source guide and recommendations. Christina Ward teaches notoriously raucous preservation classes and serves as a volunteer mentor to urban farmers, small-scale food producers, and question answerer for people all over the country trying to save their pickles from disaster. Her love of teaching is evident on every page as complicated scientific concepts are simplified and explained with precision and humor.

## Book Information

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## Customer Reviews

Christina Ward is a Wisconsin native and Master Food Preserver for Milwaukee County. Through her popular food preservation classes, she has taught thousands of people to safely can, dehydrate, and ferment. She credits the punk rock/DIY scene for instilling a sense of community of sharing. Through her food preservation and teaching work, she has fostered and assisted dozens of micro-food businesses and non-profit urban agriculture organizations. She writes about food history and preservation for numerous publications, including: Edible Magazine, Remedy Quarterly, The Runcible Spoon, The Milwaukee Journal/Sentinel, and more. [Foreword by Nancy Singleton Hachisu](#), an expert in Japanese food traditions. Her second book, *Preserving the Japanese Way*, was nominated for the 2016 James Beard Award in the International Cookbook category.

This is my idea of how cookbooks ought to be. I enjoy eating tasty food -- but I get even more enjoyment in learning how to make these tasty items myself. This is a very useful guide to preserving food. This is not just a collection of recipes - rather than simply telling you how to preserve different items -- this book explains different techniques -- as well as how and why they work. This book is also full of good details about food safety -- something which seems critically important when preserving foods. This book also touches on the history of food preservation - which I think is important to know and understand -- and also gives me a greater appreciation for the processes described in the book. Many of the delicious food items we are accustomed to actually arose out of the need of previous generations to keep their food from spoiling. If you are a science nerd - and like reading websites like [serious eats](#) that really get into scientific how and why - this book will be right up your alley. There are recipes too though! And its not just different jams and pickles --- there are recipes in here for chutneys, mustards, bruschetta, barbecue sauce, tomato sauce etc. How did we find out about this book? We got to watch a canning demonstration by the author as part of a food history exhibition at our local museum. Her presentation was very engaging - and made us want to take on preservation as a new hobby in the kitchen. I have always thought these things were intimidating -- but she made it all seem very accessible and fun. At the end of her presentation, she mentioned she had just written a cookbook. We immediately went home and ordered the cookbook; hopeful that reading her cookbook would allow us to reproduce the pleasure

we had gotten out of listening to her talk about preserving food. We were not disappointed.

Equally accessible to people new to and experienced with canning and food preservation, this wonderfully well-written resource is a must-have for people interested in delicious recipes, food sciences, and thoughtful explanations of why different methodologies work. Ward writes like an educator, which is to say she understands her readers' interests and has multiple ways to develop their understandings. She writes with warmth and humor, keeping in mind the very real health concerns that can result from poor technique in food preservation. The illustrations and photographs beautifully complement the text. The design of the book is also lovely-substantive, attractive, A welcome addition to my cookbooks! This may just give me the confidence to try pressure cooker canning for the first time.

BOOK REVIEW *You Too Can Can But You Must Can Carefully* Science is key to safely preserving food in the home kitchen August 1, 2017 ©2017 Bay View Compass Christina Ward and her *Preservation: The Art and Science of Canning, Fermentation and Dehydration* have received a good deal of media attention in Milwaukee, Madison, and beyond, since her book was published in June. Some of the local interest in the book and in the author herself is surely due to her status as a Milwaukee native but it also coincides with the recent spike in home canning and preserving. In the U.S., the resurgence of home food preservation began immediately following the 2008 economic downturn. In 2009, the New York Times reported that Jarden's sales of its canning equipment had increased nearly 50 percent above its 2008 sales. At that time Jarden, now Newell, owned Ball and Kerr brands, both longtime makers of the glass jars used by home canners. Wisconsin legislators became part of the trend when they passed the "pickle bill" in 2009, which permits the sale of a limited range of preserved foods processed in a home kitchen. Previously, state law mandated that small-scale producers of canned food were permitted only to sell to the public if the products had been processed in state- and city-certified commercial kitchens. Some attribute the trend for DIY pickles, jams, preserved fruit, vegetables, chutney, kimchi, jerky, and beer to the current demand for handcrafted, artisanal, small scale, and locally produced food rather than the desire to stock the larder more economically. Buying jars, lids, rings, and other equipment is not inexpensive. And if one is buying rather than growing one's food, it is yet more costly to "put food by." Ward's book joins the contemporary stream of food preservation titles. A quick scan of its listings

revealed that more than 40 books on the topic have been published since 2009. What distinguishes Ward's work is she promises information about the art of canning, fermenting, curing, and dehydrating food, but also, crucially, the science. Informing her knowledge of food-safe preservation practices is Ward's certification as a UW-Madison Extension accredited Master Food Preserver. The accreditation is achieved after successfully completing a three-day course taught by university and extension faculty, according to information published by the UW Extension. For those who preserve their own food, adhering to practices that ensure safe final products is critical because failing to follow the rules can result in serious illness or death. Ward repeatedly warns her readers to strictly follow her recipe's directions, just as she warns not to randomly use recipes from the multitude of blogs on the subject. Instead, she advises, use recipes published by university extensions or those written by authors like her, who have been schooled in food safety science and practice. In the first chapter, Ward introduces readers to a short list of deadly foodborne pathogens that poison food. She follows it with two short chapters about the chemistry and physics of common food preservation methods, with an explanation about how each prohibits, if performed properly, pathogen growth. The science sections are accessible and easy to absorb. She doesn't delve too deeply and generally, when introducing a scientific term that may be unfamiliar to readers, includes a definition: "Any substance that attracts water molecules is called hygroscopic. Salt and sugar are hygroscopic." Ward's text also includes an overview of the different processes and equipment required for a variety of preservation methods including hot water bath and pressure cooker canning. There are shorter chapters that cover fermentation, curing, smoking, and dehydration. Each concludes with a selection of recipes. Whether readers want to make chutney, canned fish, peaches in syrup, pickles, relish, jerky, pie filling, kvass, soup, or jam, they'll probably find a recipe for it in Ward's book. The recipes are easy to read and for the most part, easy to follow. Text is set off by a healthy portion of white space. Each of the steps in the technique section is set in bold type, most helpful when perspiring in a steamy kitchen surrounded by a slew of ingredients and a bunch of equipment. Nuts-and-bolts-information is provided in the header: prep time, equipment, headspace (proper amount of space between a jar's contents and the lid), processing time, and yield. The recipe header, for the uninitiated, is printed at the beginning of a recipe and provides advice, special instructions, or key information. In many of Ward's recipes, yield information is provided relative to various jar sizes • pint, pint and a half, or quart, for example. This saves time when gathering equipment to make a batch of preserves. Experienced

canners know that the prep and cleanup often take as long, if not longer, than filling and processing jars. Most recipes include the weight of the main ingredient, in addition to the volume. For example, 1 1/2 cups (12 ounces) fresh or frozen peas. Curiously, some do not. The recipe for Nantucket Pie calls for 32 cups of fresh or frozen cranberries. How many readers will know how many cups are in a bag of cranberries? The 108 recipes would also be enhanced if the main ingredient's weight and volume were added to the headers. Ward's recipes often include helpful supplemental information. A note in the recipe for Beet and Horseradish Relish informs, "Fresh horseradish is pungent. It will smell when you grate it. It can also cause irritation to eyes. Using a food processor is a quick and easy way to grate horseradish." And in the recipe for Italian Sausage and Peppers: "Choose your jar size first as that will determine how you prepare the sausages. Quart jars fit about 4 whole sausages while pint jars fit 2 sausages that are halved." Ward said she made and tested every recipe in the book aside from the pressure-canned fish. She's allergic to fish, so her husband taste-tested it. The supplemental information provided in the recipes themselves and in the introduction to each set of recipes showcases the considerable depth of knowledge Ward possesses of her subject. Although the book includes almost no photographs of finished products, there is a 16 page section at the back that features color images of market produce along with a few close ups of peaches, dill pickles, syrup, and jelly in jars. Likewise, there is only a handful of graphics that illustrate technique, so if you're an anxious beginner or visual learner, consider supplementing Ward's book with the Ball Blue Book Guide of Preserving or the Ball Complete Book of Home Preserving. Other rich resources are university extension websites such as those of Wisconsin, Minnesota, Nebraska, Iowa, Georgia, etc. The University of Wisconsin Extension's website, The Learning Store, offers a wealth of information. This noteworthy book possesses a couple of hitches. Some of the material could be better organized and there is a disappointing dearth of indexed material. Ward includes a good deal of information that augments or summarizes her main text but these treasures are scattered throughout the book and often not logically placed, therefore not easy to locate. The index is only three and a half pages for a book of 394 pages packed with details. When I attempted to use the index, the page number for each of the first two items I consulted was incorrect. An in-depth index along with an appendix that compiles the key information provided in tables and subsections would enhance the book's usability. If you find a table or other information you will likely wish to consult again, put a sticky note on that page so you can readily find it when you need

it. That said, Ward's work is notable for the depth and breadth of her knowledge, in addition to the bright, broad array of appealing recipes. Whether confessing her desire for a return to pickled fruit, advising how not to blow up a pressure cooker, dispensing personal anecdotes and interesting morsels about food history and culture, or sharing her wealth of information about food preservation, the book provides a compelling, authoritative resource for those who would "put food up." The information is practical and comprehensible and as such should reassure and embolden novices but also round up the knowledge of the more seasoned and advanced food preservers. *The Art and Science of Canning, Fermentation and Dehydration* Christina Ward, Author Process Media; Trade Paperback; \$24.95

A great overview of the science behind food preservation and how to safely enjoy various methods in your own kitchen. I first dove into the recipes which got me excited about the many delicious foods to explore. Then I backed up to the beginning and started the "why" and couldn't stop reading. Ward explains the chemistry and physics of preserving in a totally accessible and interesting way. I'm already thinking of many friends and family who will appreciate this unique cookbook.

I come from a Polish family and have been involved in canning my whole life (pickles, tomatoes, dilly beans, applesauce). This book explains in clear, practical terms what important steps should be taken in the processing of food in the home kitchen -- and the basic science behind it. It helped me understand why Grandma was careful in her own way and maybe a couple of old habits that I need to abandon to make sure I'm being safe for my family. Recipes are included as practical application of the concepts in the chapters, they look really good! Now I understand!

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