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Drying Fruits and Vegetables for Food Storage (Home Prepping for Women Book 1)

Emma Lavher

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Drying Fruits and Vegetables for Food Storage (Home Prepping for Women Book 1) Emma Lavher Feeling a bit overwhelmed when reading other books about drying fruits and vegetables? People have been drying their own fruits and vegetables for thousands of years. Ancient Egyptians dried and stored fruits, vegetables, and grains - some of which has been recently unearthed and still in edible condition. Early American settlers survived the cold harsh winters by drying their own foods from their gardens without the use of any fancy equipment.

Drying your own fruits and vegetables is not hard to do. This book makes fruit and vegetable drying simple, uncomplicated, and even fun.

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