**Fact Sheet**

**The Home Preserving Bible** is a practical guide that describes the techniques for eight essential methods for preserving foods and provides over 300 recipes. It is the most comprehensive book about food preservation among popular canning and preserving books of today. Many people preserve foods because they want good tasting and safe foods. Still others like the economic benefit of buying produce in season, when it is cheap and abundant, and then “putting by” some of this locally grown food for use throughout the year. These days, canning, freezing, and drying foods are the most common methods for preserving foods at home. However, other methods may be easier and less expensive to do.

**Part 1 describes the techniques** for canning, freezing, drying, fermenting, pickling, curing, sealing, and cellaring all types of foods. For each method, The Home Preserving Bible provides the latest information on procedures, equipment, and safety issues, giving the reader a range of preservation options, whether she likes the do-it-yourself approach or is interested in the latest in modern technology.

**Part 2 features over 300 recipes**, including many that are simple to prepare. In some cases, they feature common, everyday foods in uncommon and tasty recipes from cultures around the world. There are treats like salty Hawaiian dried fruit (known as *crack seed*), Thai-style beef jerky, Haitian “pikliz” salad, and Mexican barbecue sauce. There are also plenty of delicious recipes for preserving everyday foods such as yeasted breads, yogurt and fresh cheese, pickles of all kinds, sauerkraut and other salted foods, tomato products, jam and jellies, sauces and relishes, cider and wine, cured bacon, duck prosciutto, smoked salmon, and more. In the canning section, the recipes are scaled for small, medium, and large batches. Each recipe was carefully chosen to demonstrate one or more of the essential techniques in Part 1.

**The author, Carole Cancler**, is a chef and owned Private Chef Natural Gourmet in Seattle, Washington, for 14 years. Her company specialized in frozen gourmet meals. Carole holds a degree in Food Science and Nutrition from the University of Washington. Currently, she consults, writes about food, and teaches cooking classes—among them canning and preserving, where students learn firsthand the best ways to can, freeze, and dry seasonal fruits and vegetables. In addition to her experience as a professional in the food industry, Chef Carole has decades of practice in home canning and preserving.

**The Home Preserving Bible** by Carole Cancler, New York: Alpha Books, 2012 (paperback, 464 pages, ISBN-13: 978-1615641925) is available nationwide beginning September 4, 21012 from booksellers and canning supply retailers with a suggested retail price of $21. Within its mission of "knowledge for life," Alpha Books brings original non-fiction and how-to titles to adults who seek to learn new skills or enrich their lives.