

Stocking Up: The Third Edition of America's Classic Preserving Guide

To Download this book in many format Visit :

<https://wocoentala.org/source1/30088c1f6b1a95296e6dde9418095e8b>

The most comprehensive, up-to-date guide to harvesting, storing, preparing, and preserving foods of all kinds.

For the self-sufficient farmer or the urban weekend gardener, the third edition of Stocking Up is an invaluable addition to any kitchen. With detailed illustrations and easy-to-follow directions, this encyclopedic resource makes "stocking up" easy.

Follow step-by-step instructions for:

- Freezing, canning, drying, and preserving fruits, vegetables, meats, fish, and poultry
- Harvesting nuts, seeds, sprouts, fruits, and vegetables
- Preparing pickles, relishes, jams, jellies, butters, cheeses, and breads.

With more than 300 recipes for preservable foods—from old standards like casseroles, fruit leather, and ice cream to new favorites such as sun-dried tomatoes, herb vinegars, and salt- and sugar-free versions of basic fare, Stocking Up covers everything for the home cook. Hundreds of charts and illustrations simplify preserving chores and choices for everyone interested in stocking up on wholesome, natural foods.

Choosing Vegetable and Fruit Varieties

As you page through any seed catalog, you'll discover that each vegetable and fruit is usually available in a number of varieties. Some may be particularly good for freezing; others maintain their quality best when canned. Certain varieties dry better than others, and some hold their flavor and texture well in underground storage. If you're planning to preserve a good part of your harvest, you'd do well to decide how you will be storing your garden surplus before you order your seeds, and then choose those fruit and vegetable varieties accordingly.

We've made that process a little easier for you here, by listing in the charts that follow those vegetables and fruits that are generally recognized as being best for freezing; canning; drying; pickling; juicing; turning into a sauce; making jam, jelly, and preserves; and keeping in some kind of cold storage, be it in a root cellar, basement, or outdoor storage area (noted here as "good keeper").

After each variety you'll find the name of seed companies that sell that variety. If your favorite seed company is not listed, forgive us. It does not necessarily mean that the company doesn't carry the variety in question; it merely means that we have only noted the larger and more popular seed companies that we are most familiar with. We know that some small companies sell some of the same varieties, and we also know that they may offer other varieties just as good for particular storage methods.

This is the third edition of Stocking Up, and the third time that we have extensively revised these charts. Each time we went back to the seed catalogs we were amazed at how much had changed since the last time, which only goes to show that the seed business is far

from a static one. New varieties and hybrids are being developed all the time, so keep a lookout for varieties too new to make this present chart.

Copyright © 1986 by Rodale Press, Inc.

Other Books

The Warren Buffett Way. Warren Buffett is the most famous investor of all time and one of today's most admired business leaders. He became a billionaire and investment sage by looking at companies as businesses rather than prices on a stock screen. The first two editions of *The Warren Buffett Way* gave investors their first in-depth look at the innovative investment and business strategies behind Buffett's spectacular success. The new edition updates readers on the latest investments by Buffett. And, more importantly, it draws on the new field of behavioral finance to explain how investors can overcome the common obstacles that prevent them from investing like Buffett. New material includes: How to think like a long-term investor - just like Buffett Why "loss aversion", the tendency of most investors to overweight the pain of losing money, is one of the biggest obstacles that investors must overcome. Why behaving rationally in the face of the ups and downs of the market has been the key to Buffett's investing success Analysis of Buffett's recent acquisition of H.J. Heinz and his investment in IBM stock The greatest challenge to emulating Buffett is not in the selection of the right stocks, Hagstrom writes, but in having the fortitude to stick with sound investments in the face of economic and market uncertainty. The new edition explains the psychological foundations of Buffett's approach, thus giving readers the best roadmap yet for mastering both the principles and behaviors that have made Buffett the greatest investor of our generation.

© © © © © . Ron Chernow , *The Death of the Banker : The Decline and Fall of the Great Financial Dynasties and the Triumph of Small Investors* (New York: Vintage Books, 1997).
19. Berkshire Hathaway Annual Report, 1987, 15. 20."