



Canning Farm Fresh Vegetables

Learn how to can and preserve fruit and vegetables in your own kitchen. Our writers tell you how.

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©Sharon Fibelkorn, top Interested in canning vegetables. Want to learn how preserve fruit? Are you up to your elbows in farm fresh vegetables and fruit? Or maybe you're worried about the safety of canned foods?

Whatever the reason, find out how to can and preserve fruit and vegetables in your own kitchen.

Visit "Food and Kitchen" to read: Sue Weaver's "Canning Fruits and Vegetables" for safe canning instructions for canning fruits and vegetables. Cheryl Morrison's "Preserving Fruits and Vegetables" for step-by-step preserving and canning instructions to preserve your home-grown food.