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Home Canning Makes A Comeback

Posted By [Tess Pennington](#)

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Home Canning dates back to the 18th century during the time where Napoleon Bonaparte realized the need to provision his army with food while they were away fighting. By providing these canned foods to his army, it gave him a huge advantage over his opponents. The canning process allows us to keep food way beyond its normal storage period by preventing microorganisms from deteriorating the food. Because the food is canned at the time of the fruits/vegetables prime nutrient content, they will retain most of their nutritional content if not gain more nutrients from the canning process.

Benefits of Home Canning Foods

- Save Money
- Use Food To The Fullest Measure
- Eat Healthier
- No Additives or Chemicals
- Better Taste
- The liquid used to preserve fruits and vegetables also includes nutrients, so rather than draining and adding water, use the canning liquid, especially in soups or stews.

Having a ready supply of home canned and store bought canned goods can be of benefit if there is a potential for a national disaster.

How To: Can Fruits or Vegetables

How To: Pickle Vegetables

How To: Can Meals

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