

Enjoying the abundance of autumn the whole year



Maren Bustorf-Hirsch
**Fruit & Vegetables –
Pickling, canning, drying,
extracting juice, lactic
fermentation, cooling,
storing – Easy do-it-
yourself provisions for
self-supply**

[Obst & Gemüse haltbar
machen - Einlegen, Einkochen,
Trocknen, Entsaften,
Milchsäuregärung, Kühlen,
Lagern - Vorräte zur
Selbstversorgung einfach
selbst anlegen]

Traditional methods of
conservation

Bassermann MA

144 pages

Format 17,0 x 24,0 cm

April 2021

With 4c photos and colour illustrations

Maren Bustorf-Hirsch has realised her dream of living in nature many years ago and lives on her own garden-grown products. She wants to share her experience and knowledge with all those equally dreaming of their own garden abundant with fruit and vegetables.

This book comes as helpful tool for all who want to store and conserve fruit and vegetables in a natural and careful manner. It extensively explains all the most important methods of conservation, from drying and lactic fermentation to bottling and pickling of the harvested or bought products. In addition, one of the chapters deals with correctly and resourcefully storing fruit and vegetables. Delicious recipes for pickled or canned goods, juices, sugar-reduced jams or marmalades round off the book.