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Preserving Wild Foods: A Modern Forager's Recipes for Curing, Canning, Smoking, and Pickling. Whether you forage in the wild or at the farmers' market, you'll delight in the unique preserves featured in this one-of-a-kind collection.

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## **Preserving Wild Foods | Download eBook PDF/EPUB**

Blanching and Freezing Food. Some wild edibles require blanching before freezing (such as lamb's quarters) and it's best to research which ones. Others you can freeze as is. Freezing is one of the easiest methods to preserving your harvest. Rinse the plants quickly in cold water, shake off excess water, and then chop coarsely.

## **Preserving Wild Food: Drying or Blanching / Freezing**

With a reverence for the natural world and all of its edible bounty, Matthew Weingarten and Raquel Pelzel encourage you to explore the ways in which wild ingredients can be transformed into tasty foods through a range of preserving techniques that include canning, smoking, curing, and pickling.

### **Preserving Wild Foods: A Modern Forager's Recipes for**

â– Use a food thermometer to measure internal temperature of smoked meat and other preserved meat. Use a food thermometer to measure doneness in cooked meat, too. â– Use a pressure canner (not a water bath canner) when canning game meat and fish. Dial gauge pressure canners should be calibrated yearly.

### **Wild Side of the Menu No. 3 Preservation of Game Meats and**

9 Wild berries and other Wild fruit. Chokecherry fruit is popular with wild berry jelly makers. Mixtures of half chokecherry juice and half apple juice make a tasty product. If you prefer a jelly without an apple flavor, add red currant juice with the chokecherry juice to make a jelly with a true wild berry flavor.

### **Preserving Food in Wyoming Wild Berries and Other Wild Fruit**

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Freezing is an excellent way to preserve animal products such as meat, poultry, fish and shellfish. In some instances, eggs and dairy foods can also be frozen for later use. Freezing does not sterilize food. The extreme cold simply retards the growth of microorganisms and slows down the changes that affect quality or cause spoilage in food.

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