



# **Preserving Food without Freezing or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, and Lactic Fermentation**

*The Gardeners and Farmers of Centre Terre Vivante*

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
Typical books about preserving garden produce nearly always assume that modern "kitchen gardeners" will boil or freeze their vegetables and fruits. Yet here is a book that goes back to the future—celebrating traditional but little-known French techniques for storing and preserving edibles in ways that maximize flavor and nutrition.

Translated into English, and with a new foreword by Deborah Madison, this book deliberately ignores freezing and high-temperature canning in favor of methods that are superior because they are less costly and more energy-efficient.

As Eliot Coleman says in his foreword to the first edition, "Food preservation techniques can be divided into two categories: the modern scientific methods that remove the life from food, and the natural 'poetic' methods that maintain or enhance the life in food. The poetic techniques produce... foods that have been celebrated for centuries and are considered gourmet delights today."

*Preserving Food Without Freezing or Canning* offers more than 250 easy and enjoyable recipes featuring locally grown and minimally refined ingredients. It is an essential guide for those who seek healthy food for a healthy world.

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