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# Can It & Ferment It: More Than 75 Satisfying Small-Batch Canning And Fermentation Recipes For The Whole Year



## Can It & Ferment It

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## Synopsis

Welcome to the world of produce preservation. In *Can It & Ferment It*, blogger and preservation enthusiast Stephanie Thurow brings the canning and fermenting communities together by offering recipes that work for both canning and fermenting. From a first-timer to the advanced preservationist, *Can It & Ferment It* shows canners and fermenters alike how they can have the best of both worlds. Stephanie explains the differences between the canning and fermentation processes, emphasizes the importance of using local and organic produce, describes canning and fermenting terminology and the supplies needed for both methods, and offers more than seventy-five fun and easy recipes for every season. Readers will learn how to preserve each fruit or vegetable in two different ways; each can be enjoyed water bath- or as a healthy, probiotic-rich ferment. Recipes in this helpful guide include strawberry chutney, the perfect garlic dill pickle, spring onion kimchi, cinnamon-honey apple butter, and more!

## Book Information

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## Customer Reviews

"I can already see that this book is going to become the most used preserving book that we own! Having one resource for a variety of delicious looking canning and fermenting recipes will make preserving that much more accessible to everyone. Reading Stephanie's book is like having your own personal canning & fermenting expert right there with you." Emily S. Kocolek, owner of Stone Creek Trading "Stephanie Thurow's *Can It & Ferment It* taps into two surprisingly parallel processes of preserving—canning and fermenting. Reading this

book as a curious and captivated outsider to the canning and fermenting worlds, Thurow presents a charming selection of recipes for all seasons. Starting with an ambition for local, fresh, and organic produce, these lovely recipes are approachable and interesting, attainable and original—â the perfect addition to any meal. Make It Minnesota magazine “Can It & Ferment It combines canning and fermenting options into one comprehensive book to answer the age-old question “what to do with all that produce? With great tips on how to get kids involved through age-appropriate tasks perfect for teaching little ones about food (and patience!), this book can fill many great summer afternoons with the kids in the kitchen and fresh produce on the counter. MightyNest “Written from her kitchen to yours, Can It & Ferment It is Stephanieâs visual and tutorial feast for the senses. These are easy to follow recipes that make the best of fresh local ingredients, making the canning and fermenting trend approachable for the eager home cook! Jill Holter, Lakewinds Food Co-op community and media specialist

Stephanie Thurow fell in love with kimchi as a toddler and never looked back. She is the creator of canning and fermenting blog Minnesota from Scratch and has been a fanatic for preserving foods since the mid-2000s. She resides in Minneapolis, Minnesota, with her husband, daughter, and plethora of pets.

I love this book! Super delicious recipes, easy to follow instructions, beautiful pictures, and a wonderful variety of ingredients to can and/or ferment. Love it ! Love it ! Love it !

I have recently become obsessed with pickles and jalapeños. I wanted to try making them myself and this is the perfect book for that. Between the easy to follow recipes, photos and places to write notes it helped me to be able to make a great batch of each. My kids saw the book and the pages with kids in it and they wanted to help too, which was a pleasant surprise.

I just got my Kindle download of this book, and already am unable to put it down! Stephanie Thurow writes extremely clearly, and gives helpful instructions for each recipe. She includes tips, variations, and suggestions that don't clutter up the original recipe, but are there to offer options and information to the interested cook. I've never fermented before, so am eager to try one of the ferments in this collection. The canning recipes are terrific, and all are arranged by the season, so it is easy to make the best use of your local conditions and available produce. I'll be heading to my

farmer's market to get green beans shortly, so I can try her pickled beans recipe. By the way, the Kindle version seems to work just fine; the photos are excellent, the internal links all work, and I've bookmarked each section's table of contents so I can easily return to it to find another recipe.

"Can It & Ferment It" is the first canning book I've bought since The Ball Book. Stephanie Thurow has created a wonderful work of art filled with classics and new recipes. She has everything from the perfect pickle to things I guarantee you've never tried before. As a seasoned canner and fermenter, there are things here I haven't seen before and can't wait to try. The photos, artwork, and all-around quality of this book are wonderful.

I ordered this book as soon as the pre-order became available. I'm going to be buying this for any future friends that want to learn the canning and fermenting arts because I'm often asked where to start...here's a great start! I've been following Minnesota From Scratch for a while. Stephanie Thurow comes off just as friendly and knowledgeable through social media as her words do in her cookbook. I absolutely love the way it's written. It's like she's speaking to you as a friend, like she's teaching you in the comfort of her kitchen, just like her aunt taught her! It's an easy read for sure. Her book is very well laid out. Every picture is so beautiful and was taken by the author herself of her own homemade, small batch goods. There are space for notes included with each recipe, as well as designated space for notes in other areas of the book. It was thoughtful to include this because, as is with cooking, you will find that sometimes recipes need to be tweaked to your liking. Whether that be the seasoning, the variety of produce you use, or the best place in town to find that produce, notes are always smart to keep so that you can duplicate that yummy recipe later, just the way you made it! She also brings up an important point...involve the kids! It's never too early to teach them such valuable skills. They can help in the smallest of ways and they will still feel included, and they will still learn by watching, not to mention the bonding time! The recipes are written in simple, easy to understand details. The fact that the recipes are small batch makes this book very unique! Most recipes that you will find are tailored to large batches! I've been canning for 3 years and fermenting for 2. To me, this book is invaluable. I haven't found one to include both canning and fermenting recipes that is so well written, AND beautiful!

I was always a little scared to try canning, but the recipes are simple to follow, and after just a couple trials I feel more confident. Since the recipes are small batch, it makes me want to try them all since I do not feel like I will waste produce if it isn't something I like. The artwork and

photography are beautiful, and I love that there are note sections in the book so you can make the recipes your own with a great jumping off recipe to start with.

If you've ever considered fermenting, but might be intimidated by it, this book is a great resource! Stephanie starts out by telling you all the tools you might need, along with the basic information you need to ferment. She gives you easy recipes with step by step instructions to get the perfect ferments. Not only does she give you fermentation recipes, she tells you how to can them as well, to enjoy all year long. There are notes sections included with each recipe to write down anything you might want to add, change or remember for next time. I love how it's broken into seasons, based on the freshest produce available. There are beautiful, vivid photos to go along with the recipes, super helpful if you're a visual person. I've loved every recipe I've made so far!

I was very impressed with the quality of the book, the clearness of the recipes and the fact that all can be made in small batches. I shared my book with my neighbor and she was so impressed, I bought a second copy for her. Her daughter showed an interest and I have purchased a third book so that I may share that, as well. Thank you, Stephanie, for such an informative, decorative, well written book.

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