



# Jarring and Canning (Urban Gardening and Farming for Teens)

*Bridget Heos*

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## **Jarring and Canning (Urban Gardening and Farming for Teens)** Bridget Heos

The urban farming movement continues to grow in popularity, and many urban farmers often find themselves with a surplus of produce. Through canning and jarring, urban farmers can continue to enjoy their crops throughout the winter. This guide to jarring and canning includes tips on what to do with a variety of fruits and vegetables, from jams to pickles, and has recipes for beginners as well as experienced canners. It provides important tips on safe canning and avoiding contamination as well.

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