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You can store and preserve your food in many ways besides refrigerating. But why do we need to preserve food? A lot of food is seasonal and it will be wasted if we don't preserve it. If you have your own garden, you would know that most of it becomes ripe at the same time and it is just too much to eat it before it goes bad. That is why food preservation helps you save food for your food storage and prevent a lot of food from spoiling and wasting. Food preservation methods should be safe for the food as well as for us to eat it, so here are the best options.

The first option is drying. By removing water from the food, you stop bacteria, contained in it, from growing and prevent rotting the food. This method involves drying food with the sun, wind or even smoking the food. Drying also hardens the skin of the food, which prevents other bacteria or dirt from penetrating or contaminating it. One of the most popular dried foods for years has been fish and still many people consider it to be tastier than the fresh one. Meat can also be dried but it is usually salted first. You can preserve all red meats like this. Dried fruits are also often used but they undergo changes in taste and texture. Vegetables don't undergo drying that often because the process takes away all the vitamins and flavor out of them.

Another method of preserving food is by using chemical reaction which kills bacteria but safe to us. It is pickling. Usually vinegar or brine is used for it. If you preserve food using this method, pickled food will last for many months and this method doesn't need sun or fire like with drying method.

Sugaring is used to preserve fruits. The fruit is placed in sugar syrup. This preservation method is popular with apples, apricots, pears and other fruits. The fruit can be cooked in the sugar syrup and then dried. And sometimes the fruit skins are dried and considered to be delicacies in some countries.

The most commonly used way of food preservation is freezing, as most of us have food freezers at home. The benefit of this method is that you can already buy a lot of food frozen and put them directly into your freezer to store. Sometimes, you can cook the food that is not suitable for freezers and then freeze it prepared. It is great for saving leftover food and pretty much any type of food.

So, there are many ways to preserve food. Mastering some of them will not only help you reduce your food wastes, but also let you save on the grocery bill and fill up your food storage.

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