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# The Hands-On Home: A Seasonal Guide To Cooking, Preserving & Natural Homekeeping



## Synopsis

Create the DIY home you've always wanted with over 100 recipes, tips, and inspirational ideas from blogger Erica Strauss (Northwest Edible Life). Covering everything from cooking, canning and preserving to making your own nontoxic home and personal care products, this fresh take on modern homemaking will help you make the most of your time, effort, and energy in the kitchen and beyond. Over half of the book focuses on the kitchen with a wealth of information about how to organize and stock your kitchen to more effortlessly prepare delicious meals. A former professional chef who knows how to build flavor into simple and delicious home-cooked meals, Strauss provides delectable recipes for breakfast, lunch, dinner, and dessert like Choose-Your-Own-Adventure Granola, Forager Spring Greens Soup, Simple Crispy Chicken with Roasted Lemon Pan Sauce, and Olive-Oil Rosemary Cake with Lemony Glaze. Strauss includes details on Basic Food Preservation techniques such as water-bath canning, pressure canning, and lacto-fermentation along with a handy year-long food preservation calendar of what to put up when. Preserving recipes are organized seasonally and include Rhubarb Syrup, Pressure-Canned Chicken Broth, Korean-Spiced Turnips, and Cranberry-Pear-Walnut Conserve. The book also features recipes for DIY home care and personal care products like Nontoxic Laundry softener, Fizzy Bath Bombs, and Refreshing Peppermint Foot Scrub. Hands-on Home is packed with fabulous recipes, practical, no-nonsense advice, and time- and money-saving techniques. With a focus on less consumerism, Strauss provides instruction on everything you need to live more delicious and sustainable DIY lifestyle.

## Book Information

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## Customer Reviews

Erica Strauss has the goal of helping men and women everywhere turn their homes into centers of production instead of places of consumption. Thatâ™s a big challenge to wrestle with, but her new book *The Hands-On Home: A Seasonal Guide to Cooking, Preserving & Natural Homekeeping* shows you how. Instead of dousing our bathrooms in chemicals, Erica gives step-by-step instructions for making âœpotty powderâ • and âœacidic bathroom cleaner.â • Instead of buying sugary jam from the grocery store, she teaches readers to can their own preserves without using pectin. Well, Erica would have to pry the pectin box away from my cold, dead hands, but Iâ™m willing to give her other ideas a try. So are her legions of fans who adore her well-known site: Northwest Edible Life. Sasquatch Books in Seattle sent me a free, advanced copy of *The Hands-On Home* this summer in exchange for my honest opinions and review. For me as a homemaker, it was love at first sight. The construction of the book is everything I expect from Sasquatch: fine quality pages, beautiful illustrations, and a style that walks the fine line between folksy and hip. *The Hands-On Home* is also enormous. Itâ™s almost 400 pages long and feels like *Joy of Cooking*â™s younger, prettier sister. But donâ™t let the girth put you off, because *The Hands-On Home* is divided into easy-to-manage sections by season. Itâ™s really like five books in one. First comes the part about basic, year-round instructions. Next comes spring, summer, fall and winter. In each of the seasonal sections there are edible recipes as well as ideas for home and personal care. Northwest Edible Life fans might be asking themselves, âœDo I really need to buy this book? Canâ™t I find these recipes on Ericaâ™s website?

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