

## **No Sweat Dehydration**

### **Easy to Dry – Fruit**

- Fruit such as apples, peaches and pears – Wash, remove core or pit and skin if desired. Cut into ¼ to ½ inch slices depending on your preference.
- Apricots – Wash, cut in half, slice and remove pit. Push in backs & dry skin side down.
- Grapes – Wash, remove stems & cut in half or leave whole, skin side down.
- Pineapple – Peel, remove fibrous eyes and core. Cut into ¼ inch slices or wedges and dry,
- Strawberries – Wash, cut off caps, slice ¼ inch thick and dry.

### **Easy to Dry – Veggies**

- Asparagus – Wash & cut into 1 inch pieces
- Cabbage – Wash, trim & cut into 1/8 to ¼ inch strips
- Garlic – Separate and peel cloves. Chop and dry to brittle stage and blend for powder.
- Mushrooms – Brush off dirt or wipe with damp cloth, slice 3/8 inch slice from cap through stem ends. Spread in single layer on tray.
- Onions – Remove root, top and skin, ¼ inch slices or chop. Dry to leathery stage to use as is or dry to brittle stage and blend for powder.
- Peppers – Remove stem, seeds and white section. Wash and pat dry, chop or cut ¼ inch strips or rings.
- Tomatoes – Wash and cut ¼ to ½ inch slices. Dry to leathery or brittle stage.

### **Fruit Leather**

Select ripe or slightly overripe (but not spoiling) produce that blends and tastes well together (banana & pineapple, etc.), or a single fruit such as apricot or peach. Wash, remove any blemishes, stems or pits and peel produce if desired. Keep in mind produce skins are highly nutritious. Puree the produce in a blender until it is smooth. Tart fruits such as cranberries require sweetening before drying. Pour onto plastic wrap covered trays and dry until non-sticky to the touch.

### **Drying Temperature and Time**

Dry at 140°F for the first 2 – 3 hours and then turn down to 115°F until you reach desired dryness (between leathery and brittle).