

DEHYDRATION PROCESS

FRUITS AND VEGETABLES

1. PRETREATMENT

PEELING  onions, garlic, bananas, cucumbers, mangoes, kiwi, pineapple, melon, pumpkins, squash, sweet potatoes	SLICING  apples, tomatoes, watermelon, kiwi, mangoes	SEEDING  pumpkins, squash, large zucchini, watermelon, melon, cherries	DIPPING  apples, apricots, peaches, pears, potatoes, mushrooms, zucchini, cucumbers
BLANCHING  cauliflower, asparagus, green beans, broccoli, peas	COOKING  beets, squash, pumpkins, potatoes, sweet potatoes	CANDYING  cherries, apricots, blueberries, pineapple, figs, carrots, citrus, ginger	COMBO  apples, carrots, pineapple, potatoes, pumpkin, squash, bananas

2. DRYING

FRUITS: 135F / 57C			VEGETABLES: 125F / 52C		
Food	Test	Time, hours	Food	Test	Time, hours
Apples	Pilable	7-15	Asparagus	Brittle	5-6
Bananas	Leathery / Crisp	6-10	Beets	Leathery	8-12
Berries	Leathery	10-15	Broccoli	Brittle	10-14
Cherries	Leathery, sticky	13-21	Carrots	Leathery	6-10
Peaches	Pilable	8-16	Eggplant	Leathery	4-8
Pears	Pilable	8-16	Mushrooms	Leathery	3-7
Pineapple	Pilable	8-16	Potatoes	Brittle	6-14
Rhubarb	Leathery	8-16	Pumpkins	Leathery	5-6
Strawberries	Leathery, sticky	8-16	Peppers	Leathery	4-8
Rhubarb	Pilable	8-16	Tomatoes	Leathery / Brittle	8-12

Times vary from plant to plant and depends largely on the sugar & water content of the food

3. PACKING AND STORAGE

Put into vacuum-sealed containers, jars or zip-lock bags
 Store in a dry, dark place or refrigerate for longer periods

