

All Dried Up...

Dehydrating Made Easy



Why Dry Food?



Quick & Easy

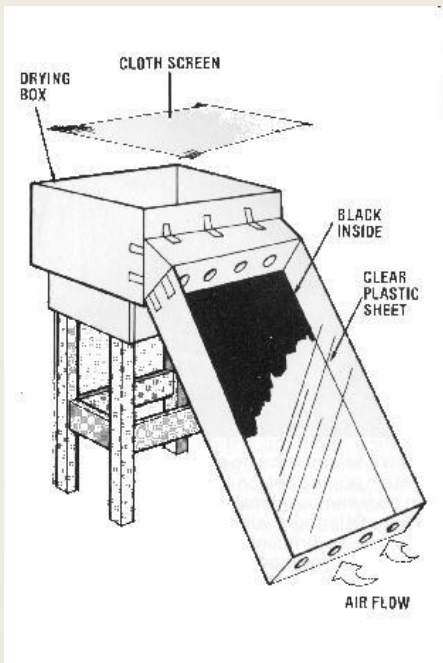




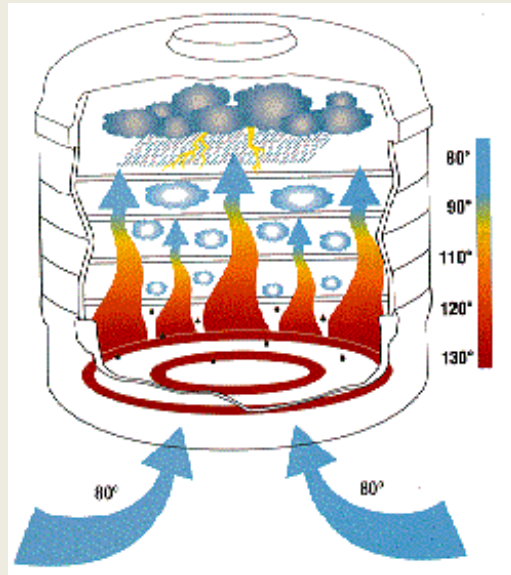
Now regarding home production: Raise animals where means and local laws permit. Plant fruit trees, grapevines, berry bushes, and vegetables. You will provide food for your family, much of which can be eaten fresh. Other *food you grow can be preserved and included as part of your home storage.*

Vaughn J. Featherstone,
"Food Storage,"
Ensign, May 1976, 116

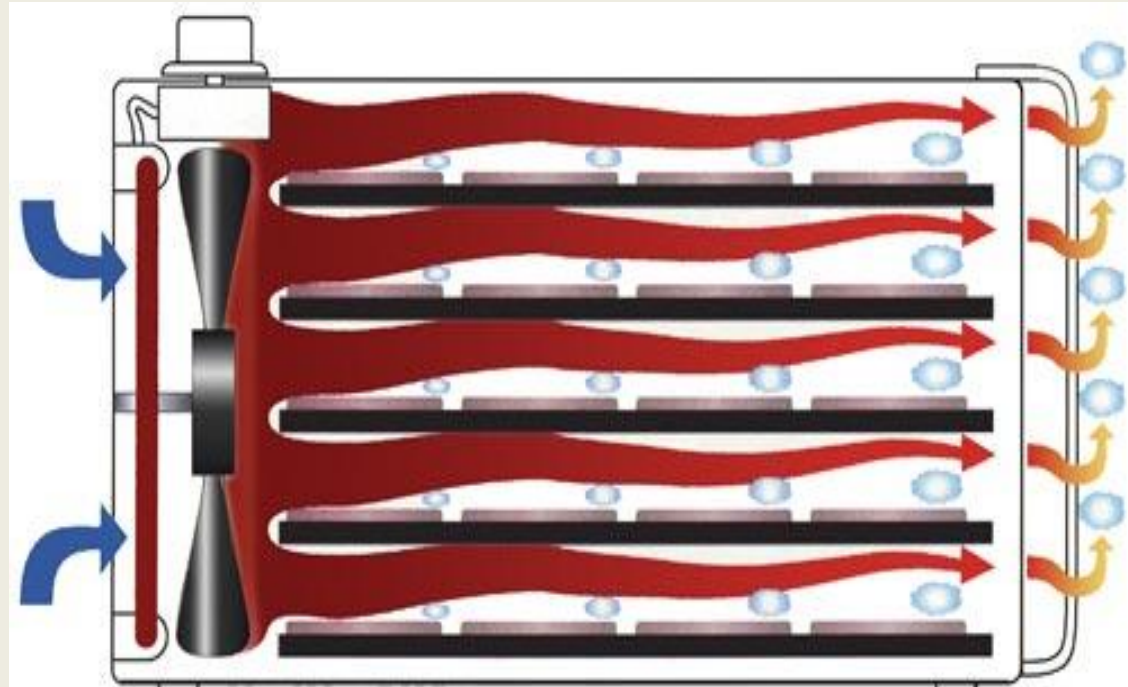
Food Dehydrators



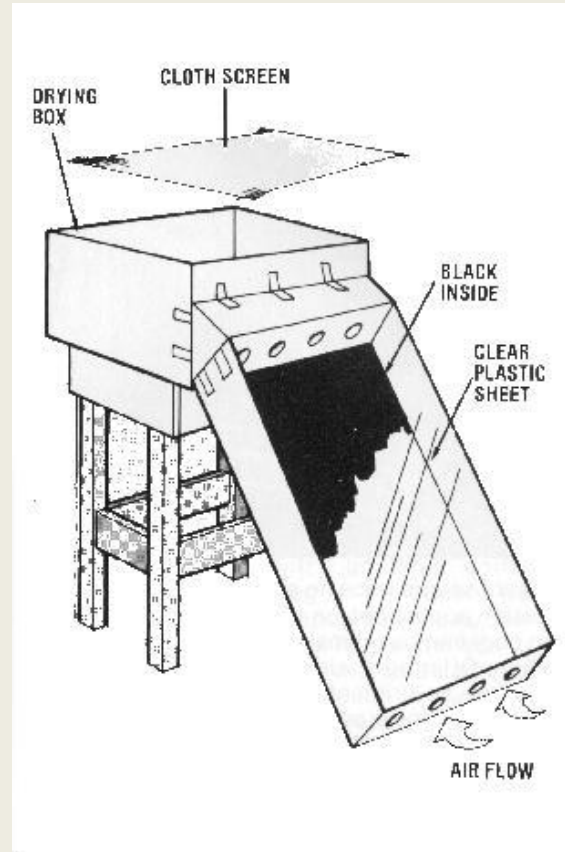
Vertical Air Flow Dehydrator



Horizontal Air Flow Dehydrator



Non-Fan Dehydrators



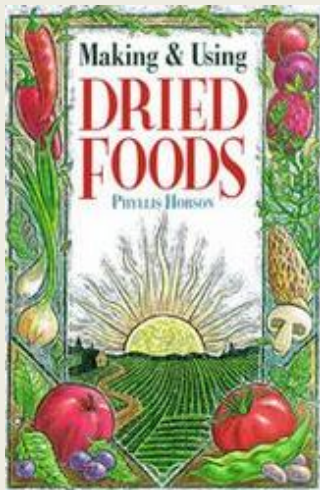
Dehydrating Made Easy



Clean Environment



Gather Your Tools

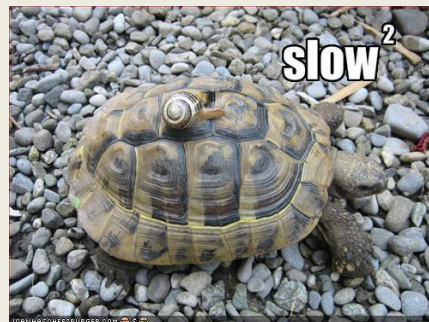
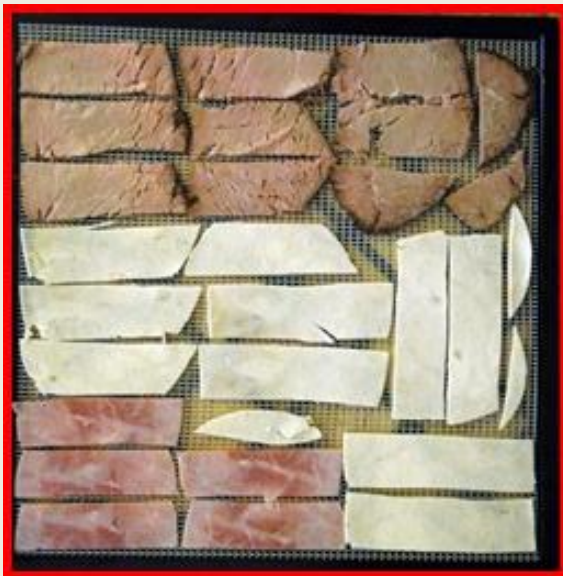


Rules to follow:

- Dry food as soon as possible after picking to maximize nutrients.
- Thin, uniform, slices dry fastest and most evenly.
- Place food in single layer, not touching any other pieces.
- Follow directions given
- Follow approximate drying times given.
- Check food, it dries much faster at the end of drying period.
- Most food – should be 95% dried when finished.
- Dehydrate Foods that process for the same amount of time and temperature together.

Drying Times

4-48 hours

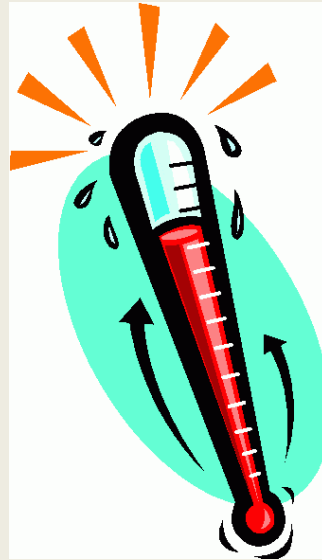


Packaging and Storing Dried Foods



Shelf Life of Dehydrated Food

1-30 years



Constant Temperature
 $60^{\circ} = 20$ years
 $95^{\circ} = 2.5$ years

oh!
oxygen

Drying Fruit



Pre-treating the Fruit



Grapes

Blueberries

Cherries

Cranberries

Summer Squash

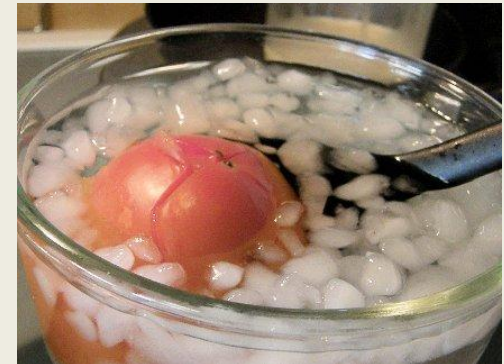
Tomatoes

Plum

Peaches

Pears

Zucchini



How to Tell if Fruit is Done

- Cut several cooled pieces in half...should be no visible moisture and should not be able to squeeze any moisture from fruit
- Not be sticky or tacky
- If piece folded in half, shouldn't stick to itself

Conditioning Fruits



Drying Vegetables



Preparing Vegetables



Dryness test for Vegetables

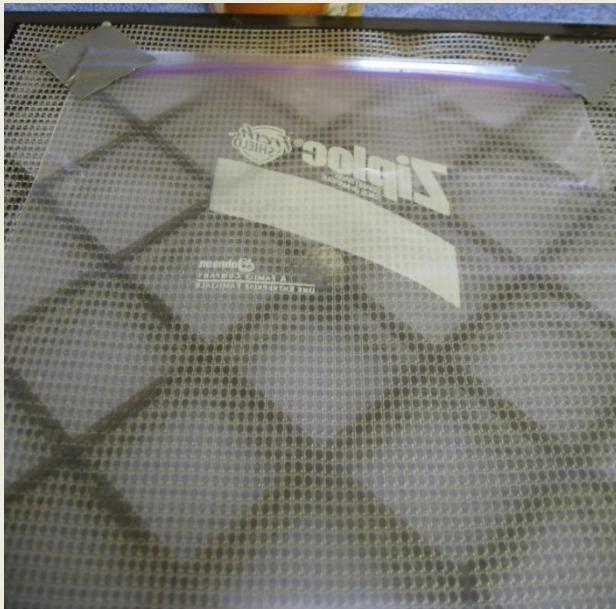


- Dry vegetables until brittle or “crisp”
- Some vegetables shatter if hit with hammer
- 10% moisture
- Don’t need conditioning like fruits, as lower moisture content.

Fruit And Vegetable Leathers



Preparing the Trays



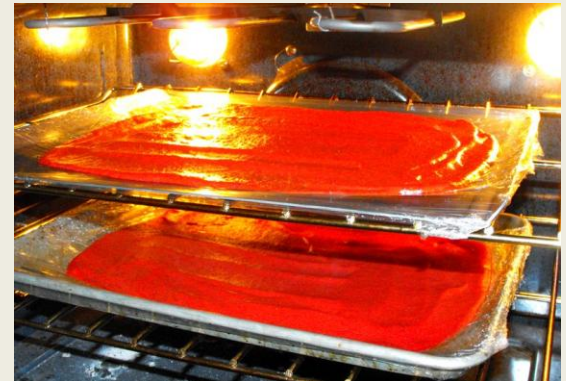
Preparing the Fruit



Pouring the Leather



Drying the Leather



Storing the Leather



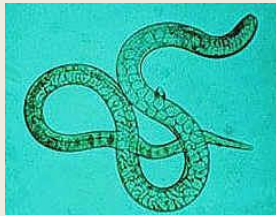
Jerky



Safe handling of Meat and Poultry



Treating the Meat



Preparing the Meat



Drying the Jerky

4-8 hours



Storing the Jerky



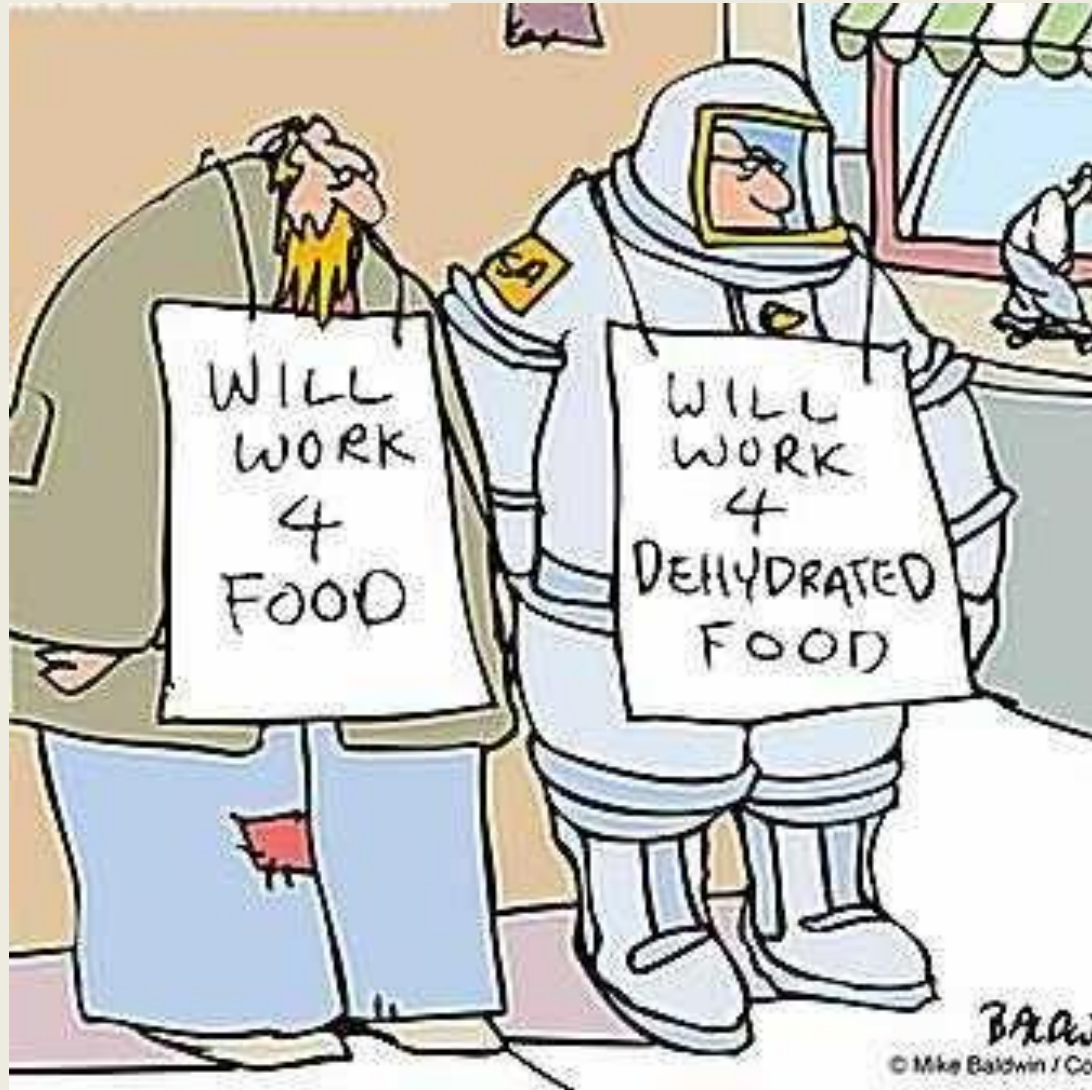
Other Uses for your Dehydrator



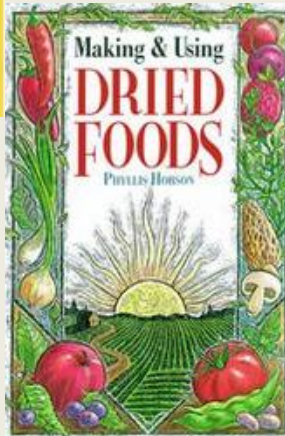
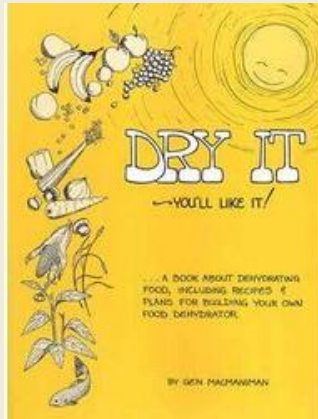


“A great many have taken this counsel, and they are prepared...Who is deserving of praise? The persons who take care of themselves, or the ones who always trust in the great mercies of the Lord to take care of them? It is just as consistent to expect that the Lord will supply us with fruit when we do not plant the trees; or that, when we do not plow and sow and are saved the labor of harvesting, we should cry to the Lord to save us from want, as to ask Him to save us from the consequences of our own folly, disobedience and waste...” *The Lord has said, 'Gather and save the produce I put within your reach, and prepare against a day of want.'*
- Brigham Young (Journal of Discourses, vol. 12, p. 244)

What will your Family Eat?



Resources



dehydrate2store.com

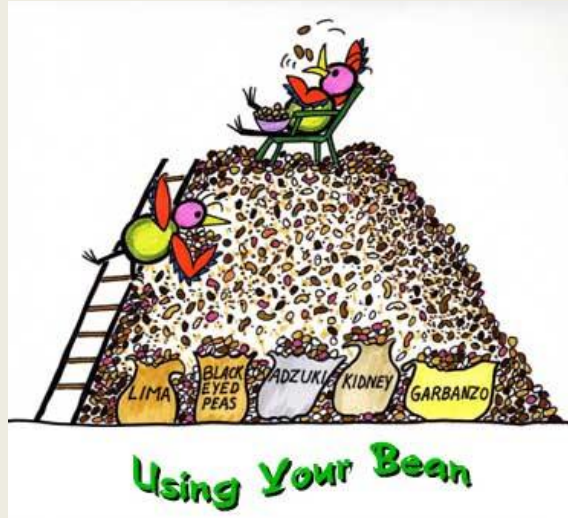




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August Classes

Beans, Beans the Magical Fruit



Pandemic Preparedness and Sheltering At Home

