# Drying/Fruits And Vegetables

### You Can Dry It All More Fruits



**Fruits** 



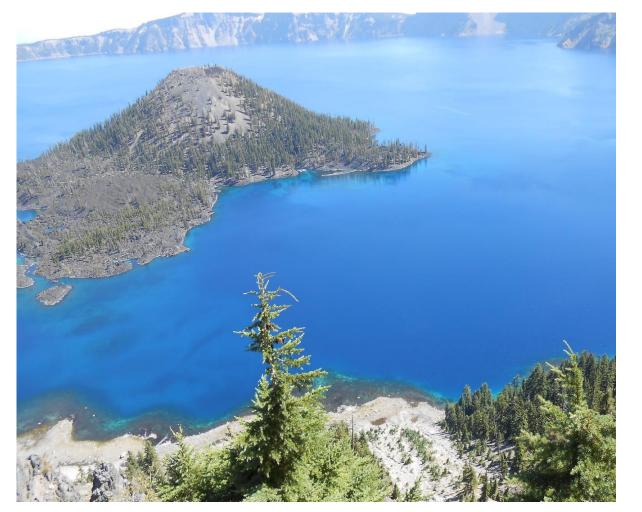
### You Can Dry It All Vegetables More Vegetables



## <u>OK, You Can't Dry It ALL</u>

### Lakes

### **Potatoes**





## Step 1- Grow Too Much

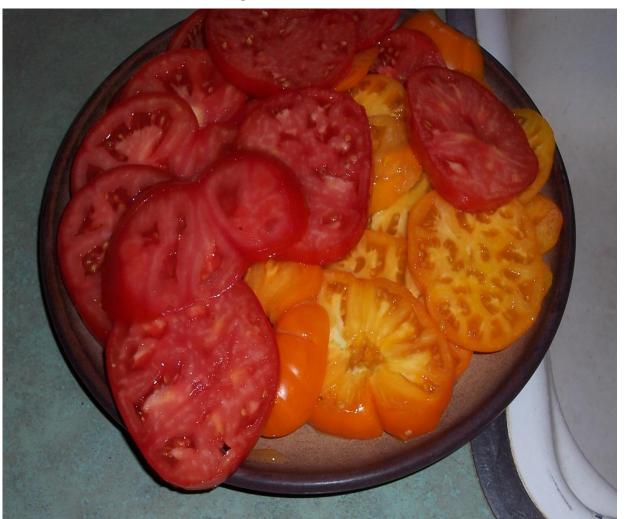
#### This Happens Naturally With Most Fruits

#### This Happens Naturally with Most Vegetables





### Fruit Slice it Up



### Spread It Out



### Do this Over and Over In the Summer In the Fall







### Ooh, I get by with, a Little Help From Machines



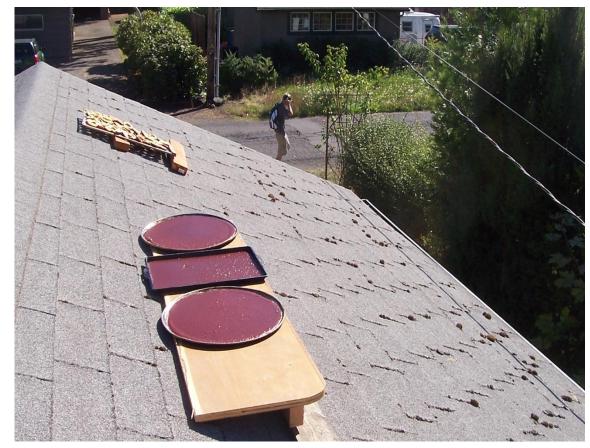
### Help !- I need some apples Help !- Not just any apples





### Location, Location, Location

#### **On The Roof – In The Sun**



On The Deck, In the Car, But in the Sun



### **Alternate Locations**

In the closed car works well- Better than the little pine tree for odors

Fruit Dryer (Works for vegetables too)



**In Oven** (Lowest temp- door a bit open)



















### Drying Vegetables Blanche To Stop Enzymes

#### **Then Dry On Screens or Trays**





### Looks Yummy ?? Dried on one sunny day



#### Don't eat plain



## You'de look weird dried too

### **Soaking Up the Sun**

#### **Soaking Up Some Water**



## Tomatoes are really Fruit, but...

### Yellow, Red, Roma, Cherry

#### **Bye Bye Water- Hello Flavor !!**





## **Good for Camping and Home**



## Use on Real Food at Home

**Rehydrated veggie pizza- Yumm** 









## Food Pyramid



## **Storage Styles**

### In Glass



#### **In Plastic**



## <u>I like jars – Until I run out</u>

### Dry In Sun- Put in Jars

#### **Close Jar- Heat to 200**





### Value Added Products

#### Fruit Leather



#### **Cooking Paste**



### Value Added Products

#### **Quince Paste**



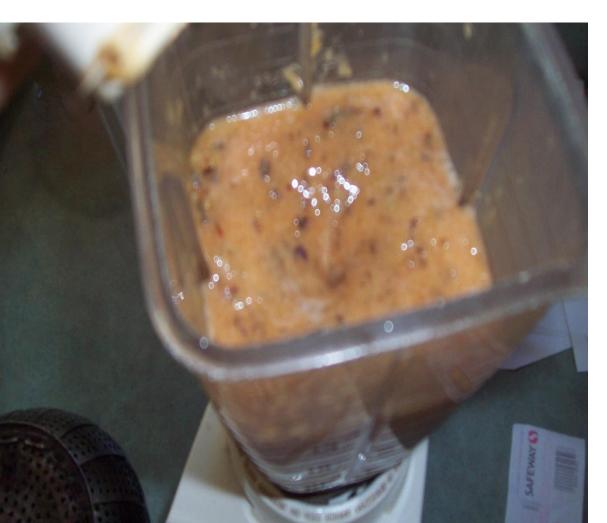
#### **Fig Newtons**



## Making Fruit Leather

### **Pit and Blend Fruit**

#### Bring to a Boil- Keep Stirring !





## Making Fruit Leather

### Pour it onto greased pans

#### Put it out in the sun





## **Re-Dried Dried Apples**

### **Cardboard Apples**

**Re-soak with Juice** 





### <u>Re-dry for a taste explosion</u>



## **Prunes Instead of Butter**

Semi Dried Prunes, Apples, Figs? In Place of Butter



### All the Taste- $\frac{1}{2}$ the calories Add to Dry Ingredients You will Flatten them



### recycle-weather.com

