

# You Can Dry It All More Fruits

**Fruits** 





# You Can Dry It All More Vegetables

**Vegetables** 

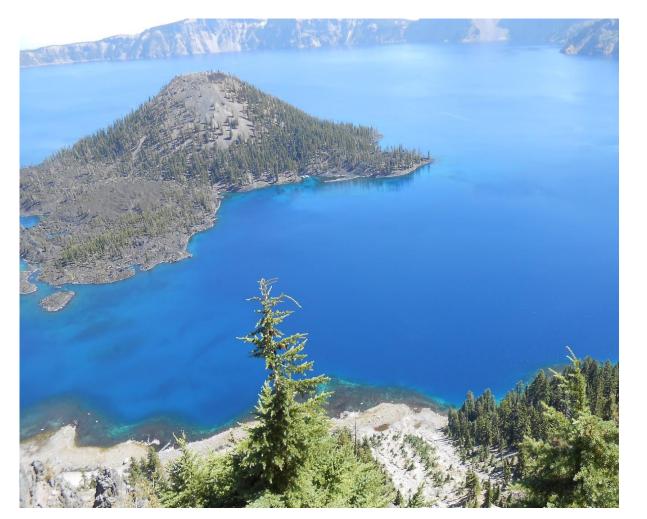




## OK, You Can't Dry It ALL

Lakes

#### **Potatoes**



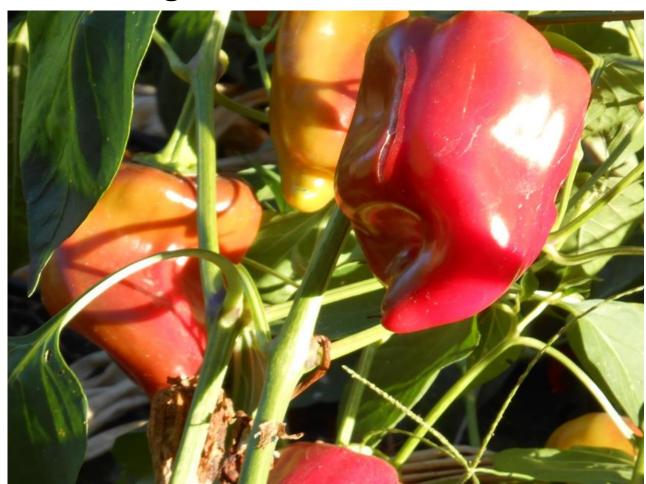


#### Step 1- Grow Too Much

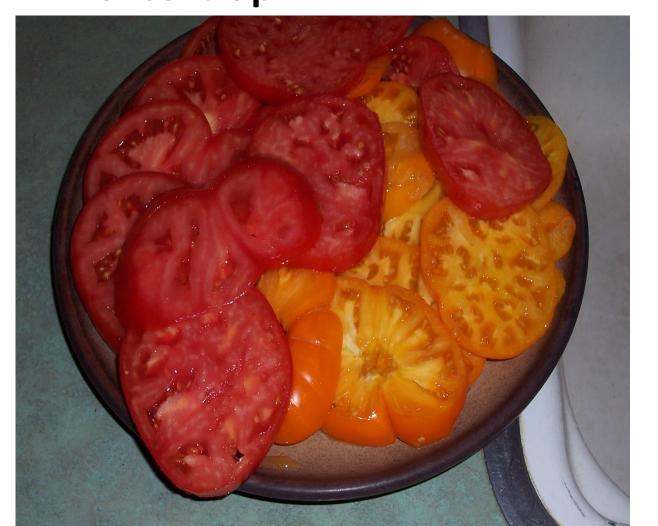
This Happens Naturally With Most Fruits







#### Fruit Slice it Up



#### **Spread It Out**

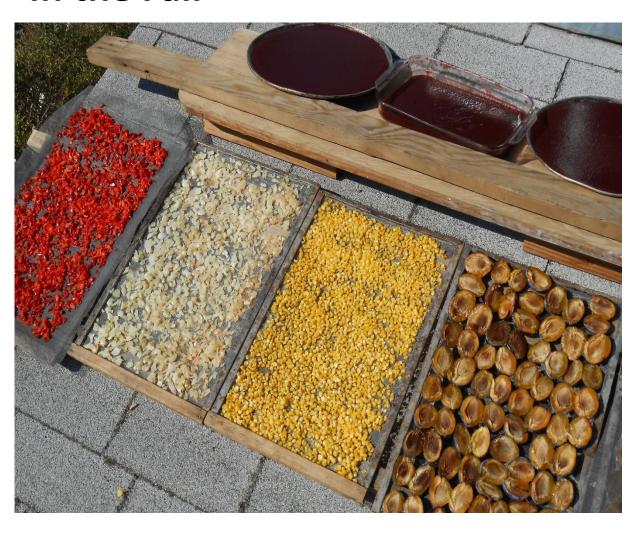


#### Do this Over and Over

In the Summer

In the Fall







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



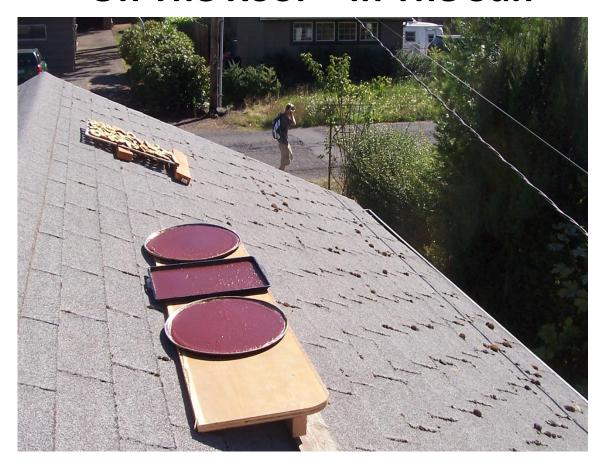
Help!-I need some apples Help!-Not just any apples





#### 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)





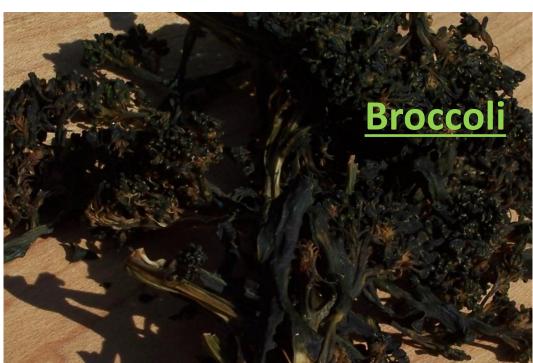
















#### Drying Vegetables

**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** 



#### Re-dry for a taste explosion





## Prunes Instead of Butter

Semi Dried Prunes, Apples, Figs?

**In Place of Butter** 





# All the Taste- ½ the calories Add to Dry Ingredients You will Flatten them





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