

Drying Fruits Vegetables				
Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan
Apples	After Paring, core, slice into rings and dip in pretreatment solution for 2 minutes. Drain and arrange on tray.	Pliable	1-2 days	6-12 hours
Apricots	Dry in halves and turn inside out or cut into quarters. Pre-treat to help retain color without penetrating skin of fruit	Pliable	2-3 days (3 days max)	12 hours
Artichoke Hearts	Slice hearts into 1/8" strips, boil in 3/4 cup water with 1 tablespoon lemon juice for 5 to 8 minutes.	Brittle	1-1 1/2 days	9 hours
Asparagus	Cut into 1" pieces. Tips are best. Stems crushed after drying make an excellent seasoning.	brittle	1-1 1/2 days	9 hours
Bananas	Remove peel; cut into 1/8" thick. Slices or use whole.	Crisp	1 1/2 days	9 hours
Beans(green or wax)	Cut either French-style or cut into 1" pieces. Blanch by steaming until translucent. Stir beans on tray after partial drying. For more even drying, rearrange inside beans to the outside of the tray.	Brittle	1 1/2 days	9 hours
Beets	Trim off all but one inch of tops and roots. Blanch, cool, remove tops, skin and roots. Dice or slice.	Brittle dark red	1-2 days	12 hours
Berries	Strawberries may be sliced in 3/8" leave other berries whole. Bathe wax-coated berries in boiling water.	No visible moisture	1 1/2 days	9 hours
Brussels Sprouts	Cut sprouts from stalks, cut in half- length wise through stem.	Brittle	1-2 days	9 hours
Broccoli	Trim and cut as usual. Stem until tender – 3 to 5 minutes	Brittle	1-2 days	8 hours
Cabbage	Trim. Slice into trips 1/8" thick.	Leathery	1 day	4 hours
Carrots	Select young tender roots. Steam until tender. Cut into slices, shreds, cubes or trips.	Leathery	1-2 days	8 hours
Cauliflower	Separate into flowerets. Place in 2 quarts of water (with 3 tablespoons salt) for 3 minutes. Steam until tender.	Leathery	1 1/2 days	9 hours
Celery	Separate stalks from leaves. Cut stalks into 1/4 "slices". Leaves dry first, so remove when dry. Flake leaves after drying, for use in soups, stews, etc.	Brittle	1-2 days	6-9 hours

Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan
Cherries	Do not stem until ready to prepare. Pitting is optional, or pit when 50% dry.	Leathery but sticky	1 ½ days	9 hours
Chives	Chop-spread on tray	Brittle	1 day	4 hours
Corn	Remove husks, silk and blemishes just before steaming. Blanch on cob until milk is set. Cut from cob & spread over tray. For even drying, stir kernels several times.	Brittle	1-2 days	6-9 hours
Cranberries	Chop for flakes or leave whole.	No visible moisture	1 ½ days	9 hours
Cucumber	Pare and cut into 1/8" slices	Leathery	1-1 ½ days	9 hours
Eggplant (all squash)	Trim wash and slice ½" to ¼" thick, and spread on tray.	Brittle	1-2 days	6-9 hours
Garlic	Separate into cloves, remove outer skin. Slice, grind or process for seasoning after drying if desired.	Very Brittle	1-1 ½ days	9 hours
Grapes Seedless (raisins)	Remove stems and place grapes on tray – whole.	Pliable & lathery	1 ½ -3 days (2 trays max)	1 ½ hours (6 trays max)
Greens (Spinach, Kale, chard, Turnip, Beet)	Trim tough stems. Steam until wilted, not soggy. Use bottom tray of Dehydrator but be careful not to scorch.	Very brittle	1 day	4 hours
Mushrooms	Select mushrooms with cap curling under-these are young and tender. Wipe off with damp paper towels or brush gently to remove dirt.	Leathery to brittle depending on size	1-2 days	12 hours
Nectarines	No need to peel. Halve and remove pit. Cut in ¼" slices and arrange on tray.	Brittle	1 ½ - 3 days (3 tray max)	18 hours

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Onions and leeks	Peels and cut into ½" slices or nuggets, or chop. Stir several times during drying.	Leathery	1-2 days	12 hours
Okra	Use young pods. Trim and cut into ¼" circles.	Leathery	1-2 days	12 hours
Orange Rind	Peel in long strips and dry. Do not grate until ready to use.	Brittle	1 -1 ½ days	9 hours
Parsley	Tear into small pieces, dry, then chop if desired.		½-1 day	4 hours
Parsnips	Same as carrots		1-2 days	12 hours
Peaches	Remove peel during dehydration if desired. Pit when 50% dehydrated. Halve or quarter, with cup side up	Pliable & leathery	2-3 days (3 trays max)	18 hours
Pears	Peel, remove core and woody tissue. Cut into slices or rings, halves, quarters or eighths.	Pliable & leathery	1 ½ -3 days (3 tray max)	24 hours
Peas	Use only tender sweet varieties. Shell and blanch 3-5 minutes.	Brittle	1-2 days	
Peppers (green and pimientos)	Halve, remove seeds. Cut into ¼" strips or rings. May also be chopped. Powdered dried pimentos are paprika.	Brittle	1-2 days	12 hours
Hot Heppers	Always wear rubber gloves to protect your hands when handling hot pepper. Wash and dry whole peppers and arrange on tray to dry.	Leathery	1-2 days	12 hours
Persimmons	Use only ripe fruit. After washing, remove cap and cut in 3/8" slices.	Pliable	1-2 days	18 hours
Pineapple (fresh)	Remove core, cut in slices or wedges or chunks.	Pliable	1-3 days	24 hours
Pineapple (Canned)	Drain and pat dry. Place on trays.	Leathery	1-2 days (3 trays max)	18 hours

Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan
Potatoes	Peeling optional. Slice 3/16" to 1/4", or dice, grate, cut French Fry style. Steam as for beets.	brittle	2 days	12 hours
Plums	Cut in half and remove pits.	Pliable	1-3 days (3 tray max)	12 hours
Prunes	Same as plums, but soak in boiling water for two minutes first.	Leathery	2-3 days (3 tray max)	12 hours
Pumpkin & Hubbard Squash	Bake or steam small pieces until tender. Cut into strips 1 to 3 inches wide, peel and remove pulp. Slice strips 1/2:" thick. Scrape pulp, place in blender to puree. Dry with paper towels.	Leathery	2 days	12 hours
Rhubarb	Use only tender stalks. Wash, cut in 1" lengths.	No visible moisture	1 -2 days	9 hours
Rutabagas	Same as carrots, but slice thin.		1 -2 days	9 hours
Tomatoes	Remove stems. To remove kin, dip briefly in boiling water then peel. Cut in halves or slices.	Leathery	1 1/2" -3 days (3 trays max)	10 hours
Turnips	Same as carrots, but slice thin.		1-2 days	9 hours
Zucchini	Same as eggplant		1-2 days	9 hours