

Dehydrating FRUIT Tips from Food Storage Moms

FRUITS: (cut away any bruising or bad spots) I use an Excalibur dehydrator so be sure and check the temperatures for your dehydrator

Apples: wash, pare, core and slice. I use an apple peeler. Cut in 1/4 inch to 3/8 inch slices. Dip in lemon juice to keep from browning. Sprinkle with cinnamon if desired before dehydrating. Dry at 135 degrees until pliable.

Apricots: wash, cut in half, remove seeds and slice into desired thickness. Dry at 135 degrees until pliable.

Bananas: peel the bananas, cut into 1/8 inch to 1/4 inch slices. Dip in lemon juice to keep from browning. Dry at 135 degrees until leathery.

Blueberries: wash and remove the stems. I did not dip my blueberries. I placed them directly on the racks and dehydrated them whole. Dry at 135 degrees until dry and leathery.

Cherries: wash, remove pits and cut them in half. Get a cherry pitter if at all possible. You can dry them whole but they will take a very long time to dry and the quality will be reduced. Place the cherry halves on the racks or trays skin-side down. Dry at 145 degrees for two hours then lower the temperature to 135 degrees for the remaining time until leathery.

Grapes: wash and remove the stems. I do not boil mine before drying. Dry at 135 degrees until wrinkled and pliable.

Kiwi: wash, peel and cut in 1/8 to 1/4 inch slices. Dry at 135 degrees until leathery.

Peaches: wash, remove the pits and skin if desired. I do not peel mine. Cut them in 1/4 to 3/8 inch slices. Dry at 135 degrees until pliable.

Pears: wash and peel if desired. Remove the seeds and stems. Cut in 1/4 to 3/8 inch slices. Dry at 135 degrees until pliable.

Pineapples: rinse, cut off the leafy crown, peel and cut off the bad spots. Remove any of the tough sections that are too fibrous to eat. Slice in 1/4 to 1/2 inch slices. Wear gloves if you are going to do several as pineapple is very acidic. Dry at 135 degrees until pliable.

Strawberries: wash and remove the caps/stems and cut in 1/4 to 3/8 inch slices. If you have a strawberry slicer it makes it a lot easier. Plus they are cut more uniformly. Dry at 135 degrees until leathery and crisp.