



Food
Preservation
for Youth

Method 5: Drying (Beg.)

Dry My Fruit

Ingredients:

___ Grapes

(1 serving=1 cup=1/3 pound=25 grapes...multiply as needed)

and/or

Blueberries

(1 serving=1/2 cup=1/6 pound=35 berries...multiply as needed)

___ Vegetable oil cooking spray (optional)

___ Ingredients from 'Want to Experiment?' (optional)

Equipment:

___ Electric food dehydrator

or an oven that registers 140°F

___ Dehydrator trays

or 12"x17", or 13"x15" cookie sheets for an oven

___ Small electric fan (only if using an oven)

___ Thermometer (may be built into dehydrator or oven)

___ Sink, dishcloth, and soap

___ Colander

___ Medium mixing bowl

___ Towel

___ Dry measuring cups

___ Cutting board

___ Small paring knife (only if drying grapes)

___ Toothpicks (only if drying blueberries)

___ Masking tape

___ Pen or marker

___ Ruler (if using an oven)

___ Kitchen timer (may be on dehydrator or oven)

___ Sealable bags or containers such as
freezer bags or canning jars

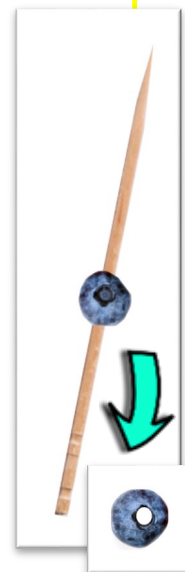


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- ___ Plug in dehydrator with lid on the base (so that it is not touching anything) or slide oven racks to be 2-3 inches apart. Preheat oven to 140°F.
- ___ Wash hands for 20 seconds and dry well. Wash and dry trays or sheets and cutting board.
- ___ Discard any fruits that are damaged and remove stems from berries.
- ___ Place fruit in colander and rinse under cool water.
- ___ Lay a clean towel on a counter-top and gently pour fruit onto it. Fold the towel in half over the fruit and very gently roll it forward and back to remove water.
- ___ If portioning individual servings, then measure 1 cup grapes or $\frac{1}{2}$ cup blueberries per person.
- ★ Use a small paring knife to cut grapes in half. Poke blueberries with a toothpick, carefully inserting the toothpick all the way through to the other side of each berry, then removing it.
- ___ Lightly spray dryer trays or sheets with cooking spray if desired, then place fruit on them, leaving space between pieces so that none are touching. Each individual portion will cover $\frac{1}{3}$ to $\frac{1}{2}$ of a dehydrator tray.



★ = **BE EXTRA CAREFUL!**



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- ___ Use masking tape and a pen to label trays or sheets with the time (and possibly your name).
- ___ Place trays onto the dehydrator base. Once all trays are stacked, place lid on top. If using an oven, place sheets on racks and leave the oven door open 2-6 inches. Place a fan outside the oven, directed towards its open door.
- ___ Plan to check for doneness (with clean hands!) in 8 hours. Continue to check every hour or half-hour once they are getting close to being done. Grapes may take 12-20 hours and blueberries may take 20-36 hours in a dehydrator. Oven drying may take twice as long. As long as fruits have dried for several hours, it's okay to turn the heat off overnight and finish the next day.
- ___ Once fruit is done, turn off the dehydrator or oven and let the fruit cool for 30 to 60 minutes.
- ___ Once fruit is cooled, put dried fruit into containers and seal shut. Label with the product name and date.
- ___ Keep dried fruit in a cool, dry, dark place. Dried fruit will last 6 to 12 months, depending on storage temperature and how often you open the container.

