



## **Basics of Using a Dehydrator:**

1. Preparation: Always slice food evenly to ensure consistent drying. Thinner slices dry faster. For fruits, you can dip them in lemon juice or a mild acidic solution to prevent browning.
2. Temperature Settings: Most fruits and vegetables dehydrate well at 125°F–135°F. Meats for jerky need a higher setting, typically around 145°F–155°F.
3. Check Progress: Dehydrating times can vary, so check your food every few hours. Properly dehydrated foods should feel dry and brittle but not burned.
4. Storage: Once food is fully dehydrated, store it in an airtight container in a cool, dark place for longer shelf life.
5. Maintenance: Clean your dehydrator trays after each use to prevent flavors from carrying over to the next batch.

## **Health Benefits of Using a Dehydrator:**

- Retains Nutrients: Dehydration preserves most of the vitamins and minerals in fruits and vegetables that can be lost during other cooking methods.
- No Additives: When you dehydrate your own food, there are no preservatives or added sugars, making it healthier than store-bought options.
- Portion Control: Dehydrated snacks can help with portion control since the intense flavors can satisfy your cravings faster.

- **Supports Special Diets:** It's great for making gluten-free snacks, plant-based foods, or low-carb treats, helping meet specific dietary needs.
- **Preserves Food:** Dehydrating reduces food waste by allowing you to preserve large amounts of seasonal produce and leftovers.

## **Foods to dehydrate:**

### **1. Apples**

- **Temperature:** 125°F–135°F (52°C–57°C)
- **Time:** 6–10 hours
- **Tip:** Slice apples about 1/8 inch thick and dip them in lemon water to prevent browning.

### **2. Bananas**

- **Temperature:** 125°F–135°F (52°C–57°C)
- **Time:** 6–12 hours
- **Tip:** Slice bananas evenly (about 1/4 inch thick) for consistent drying.

### **3. Mangoes**

- **Temperature:** 135°F (57°C)
- **Time:** 8–12 hours
- **Tip:** Peel and slice mangoes into thin strips for quicker drying.

### **4. Strawberries**

- **Temperature:** 125°F–135°F (52°C–57°C)
- **Time:** 6–12 hours
- **Tip:** Slice strawberries 1/8 to 1/4 inch thick. The thinner they are, the faster they dry.

### **5. Herbs (Basil, Oregano, Thyme, etc.)**

- **Temperature:** 95°F–105°F (35°C–40°C)
- **Time:** 2–6 hours
- **Tip:** Dry herbs at the lowest temperature to preserve flavor and color. Spread them out loosely to promote airflow.

## 6. Tomatoes

- **Temperature:** 135°F (57°C)
- **Time:** 10–18 hours
- **Tip:** Slice tomatoes into 1/4 inch thick pieces or cut cherry tomatoes in half. They are ready when they feel leathery but pliable.

## 7. Mushrooms

- **Temperature:** 125°F–135°F (52°C–57°C)
- **Time:** 6–10 hours
- **Tip:** Slice mushrooms evenly for better drying. You want them to feel crisp and dry when done.

## 8. Beef Jerky

- **Temperature:** 145°F–155°F (63°C–68°C)
- **Time:** 4–6 hours
- **Tip:** Use lean cuts, marinate for added flavor, and pat the meat dry before placing it in the dehydrator. Check for texture—jerky should be chewy but not brittle.

## 9. Zucchini

- **Temperature:** 125°F–135°F (52°C–57°C)
- **Time:** 5–10 hours
- **Tip:** Slice zucchini into 1/4 inch thick rounds for chip-like results. They should be crispy when done.

## 10. Kale

- **Temperature:** 125°F (52°C)
- **Time:** 4–6 hours
- **Tip:** Massage kale with a little oil and season before drying for extra flavor. They are done when crispy and brittle.

These times can vary based on the thickness of the slices and the humidity in your environment, so it's good to check periodically and adjust as needed.