

Dehydrating Vegetable tips from Food Storage Moms

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

Bell peppers (green or red): Wash, remove the stem, seed and the membrane sections. Chop or cut in 1/4 inch circles or slices. Dry at 125 degrees until leathery.

Cabbage: Wash the head of cabbage and remove the outer leaves. Cut the head into fourths and shred or grate into pieces about 1/8 inch thick. Dry at 125 degrees until brittle.

Carrots: Wash the carrots, trim the tops off, scrape or peel the skins off. Cut into 1/8 inch chunks or circles. Dry at 125 degrees until leathery.

Celery: Scrub the stalks to remove any dirt from them. Cut into 1/4 inch strips. Leave the leaves whole. Dry at 125 degrees until the stalks are leathery and the leaves are brittle.

Cilantro: Wash, chop and cut the tough stems off. Dry at 115 degrees until brittle.

Corn: Remove the husks and scrape the corn off the cobs or buy frozen corn on sale. Place the corn on the racks and dry at 125 degrees until brittle.

Cucumbers: Wash, cut the ends off and remove any bad spots. Slice into 1/4 inch pieces and dry at 135 degrees until brittle.

Kale: I prefer to buy baby Kale because to me it is sweeter. Wash the leaves and dry at 125 degrees until very crisp.

Mushrooms: Wash or use a brush to clean the dirt off of the mushrooms. Wash in cold water but do not soak them. Remove the stems and discard. Use a mushroom slicer or slice them in 3/8 inch pieces with a knife. Dry at 125 degrees until leathery.

Onions: I cut the ends off and then cut the onion in half. Remove the outer membrane and discard. Chop in chunks that you would use for casseroles, soups,

tacos, etc. Dry at 155 degrees until leathery. I would dehydrate these outside or your entire house will smell like onions for weeks if not months.

Peas: If you have fresh peas those are the best besides frozen ones you get on sale. Wash and shell the peas and dry at 125 degrees until brittle.

Tomatoes: Wash the tomatoes and remove the stems. I dehydrate mine with the skins on because I pulverize them for powder. You can cut the small cherry tomatoes in half and place the skin side down to dry. Slice larger tomatoes 1/4 inch thick and dry at 155 degrees until leathery and brittle.

Spinach: Wash and remove the bad pieces and discard. I prefer to remove the stems as close as possible. Dry at 125 degrees until crisp and crumbly.

Zucchini: Wash, cut the ends off and remove any bad spots. Slice into 1/4 inch pieces and dry at 125 degrees until brittle.