

Here Comes the Sun...

Strategies for Dehydrating the Harvest




COPE
Community Outreach & Patient Empowerment

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FOOD ACCESS PROGRAM

Food Is Medicine



- ❖ Healthy Navajo Stores Initiative (HNSI)
- ❖ Navajo FVRx Fruit & Vegetable Prescription Program
- ❖ Growers' Initiative
 - Farm to School/ECE
 - "Grow the Growers"

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"Gardening is medicine that does not need a **PRESCRIPTION** ... and has no **limit on DOSAGE**."

Author Unknown



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Food Dehydrating...

Removes **MOISTURE** from food to aid in its preservation






- ❖ Fruits & Veggies = 80-90% water (average)
Meats = 50-75% water (average)
- ❖ Reduce water content = less moisture for bacteria to grow, better storage potential

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Who... ?
What... ?
When... ?
Where... ?
Why... ?
How...?

- ❖ Good air circulation
 - > Wind = pro's & cons (dust, bugs, pollution)
- ❖ Consistent heat (Outdoors vs. Indoors)
 - > Nighttime temps = usually cooler
- ❖ **GOAL for food safety =**
Final product has less than 20% water retained



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+ LOW & SLOW +
 for an
Immune System Boost

Dehydrating foods at a temperature no higher than 115° to 118° preserves nutrients and enzymes.
 Lower drying temps increase the vitamin value in foods and keep it boosted for up to 9 months (when stored in an air tight container).

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Size matters!
Be consistent to be efficient...

<https://cityfarmsteading.com/how-to-dehydrate-watermelon-aka-watermelon-candy/>

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Storage
"Conditioning"

Bringing the humidity level of your dehydrated foods to a balanced percentage throughout your container.

- > **Residual moisture can result in MOLD.**



NOTE:
Think of plastic bags as TEMPORARY STORAGE.
 They are still porous, so air & moisture will get in over time.



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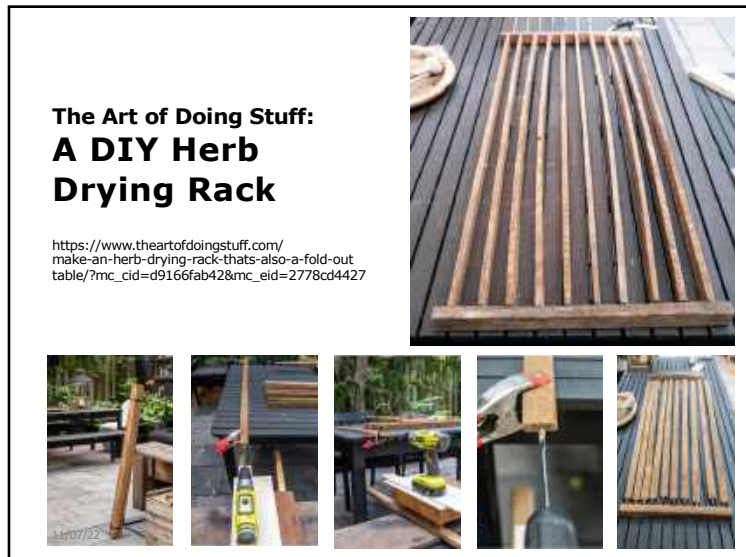
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Backwoods Dehydrator

<https://www.backwoodshome.com/build-a-passive-solar-food-dehydrator/>




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YouTube...

Solar Food Dehydrator - simple DIY project - dries & preserves food - easy to make "pizza box" design

<https://www.youtube.com/watch?v=DhG7mGic6gq>


EASY & Inexpensive Solar Dehydrator- Off Grid Cardboard Box Style (QTT #12)

<https://www.youtube.com/watch?v=rPG6UcqGzNU>



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Simple Solar Dehydrator
e.g. Fruit Leather or Apple Chips

<https://www.instructables.com/Simple-Solar-dehydrator-eg-fruit-leather-or-apple/>

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Easy Tomato Drying Rack

<https://www.instructables.com/Easy-tomato-drying-rack/>




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PVC, zip ties & screen material

<https://preparednessadvice.com/an-easy-to-make-drying-rack/>

NOTE: Best screens for FOOD items are stainless steel or food-safe plastic...

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NESCO Food Dehydrators

- ❖ Base model = 5-Tray Electric
- ❖ temperature dial
- ❖ additional trays, screens available to customize
- ❖ max 12 stack

\$60 to \$90
depending on features



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Excalibur Food Dehydrators

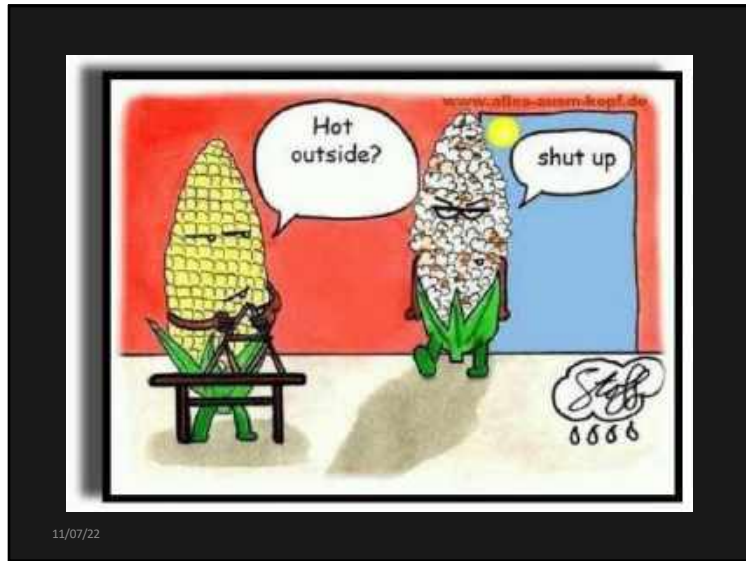
- ❖ 9-Tray Electric
- ❖ 26-hour Timer
- ❖ Automatic Shut Off
- ❖ Temperature Settings for Fast, Efficient Drying
- ❖ Black

\$200 - \$500
depending on features



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