

Common Foods: Prep, Dehydration Time, Yield, and Shelf-Life

Item	Before Dehydrating...	Approx. Dehydration Time* (Hours)	Approx. Shelf-life** (Years)
Apples	Spray with lemon juice.	8-10 (very thin cut) or 12-15 (1/4 inch cut)	30
Asparagus	Steam them.	8-15	15+
Beans	Steam them.	8-15	15+
Beets	Steam them.	8-15 (8-10 if frozen)	15-20
Blueberries	See http://www.dehydrate2store.com/videos/?id=5	18-20	15-20
Broccoli	Steam them.	8-15 (8-10 if frozen)	15+
Cabbage	Steam them.	8-15 (8-10 if frozen)	15+
Corn	Steam them.	8-15 (8-10 if frozen)	15+
Couiflower	Steam them.	10-15	15+
Grapes	Halve, remove seeds, spray with lemon juice.	15-20	10-15+
Green Beans	Steam them.	10-15	15+
Herbs	No prep work.	6-8	15+
Lemons	No prep work, just slice.	8-10 (very thin cut) or 12-15 (1/4 inch cut)	15+
Limes	No prep work, just slice.	8-10 (very thin cut) or 12-15 (1/4 inch cut)	15+
Mushrooms	No prep work, just slice.	8-10	15+
Onions	No prep work, just slice.	8-10	15+
Oranges	No prep work, just slice.	8-10 (very thin cut) or 12-15 (1/4 inch cut)	15+
Peaches	No prep work, just slice.	8-10 (very thin cut) or 12-15 (1/4 inch cut)	15+
Peas	Steam them.	10-15	15+
Plums	No prep work, just slice.	8-10 (very thin cut) or 12-15 (1/4 inch cut)	15+
Potatoes	Steam them.	12-15 (sliced thinly or chopped)	20-30
Prunes (whole)	Remove pits. Flip inside out after 7 hours.	48	15+
Pumpkin	Steam them.	12-15	15+
Spinach	No prep work.	6-8	15+

* These are estimates because many variables like humidity in the home, thickness and type of cut, how loaded the trays are, and even different brands of produce, play a big part in dehydration time. Also, if the fan of your dehydrator is on the top or bottom (instead of the back) it will take longer to dehydrate. You never want to increase the temperature to dry faster. This will cause "case hardening," where the outside of the food hardens and moisture is trapped on the inside. This will cause your food to sour. **Your best bet is longer time and lower temperature.** Never try to speed things up by increasing the temperature. This will only cook your food. I never go over 125°F on my dehydrator (except for meat).

** There are many determining factors when it comes to shelf life. These tips will ensure you maximize your shelf life to the numbers stated in this chart: (1) Food must be thoroughly dried, (2) it must be sealed with quality bags and oxygen packs, (3) temperature of the storage area should be cool: the cooler the better, and (4) there is an absence of light (this will be accomplished by the Mylar bags).

TIP: Do not worry about "over-drying." You cannot over-dry your food. If you do not think your food is fully dehydrated (it is sticking together or feels wet or pliable), put it back in for longer. The drying times above are estimates, and you can certainly dehydrate longer if needed. Remember: moisture is the enemy!