

T H E R E Y A ' H A V E I T  
DEHYDRATE2STORE.COM

### QUICK TIPS

Do not use aluminum foil to line your dehydrator trays. This will cause your food to turn color and pick up the aluminum taste.

When dehydrating parsley and other herbs, keep the temperature around 100-105°F

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# Dehydrate2Store Newsletter



~ In loving memory of Grace M. Sangloff, Mother, Mother-in-law, and Grandmother. She will be greatly missed. 10-2-09 ~

## Weight Conversion

As you have all noticed, when you dehydrate a fruit or vegetable it shrinks considerably in size. One of the most common questions I answer from my viewers at Dehydrate2store.com is about the conversion sizes of food before and after dehydrating. In this chart (right) you will find some average conversion weights that I have found for some popular foods.

The purpose of this chart is to give an idea of how much food to use when cooking. There are numerous factors that effect the weight of foods after dehydrating, so you **should not** weigh your finished product after dehydrating as a test to see if it is fully dehydrated. To test for complete dehydration use sight, texture, and 'zip-lock bag test' (see page 2 margins).

Produce	Weight Fresh (lbs)	Weight Dehydrated (lbs)
Apples	20	6.5
Beans	20	3.0
Carrots	20	3.0
Cherries	20	7.0
Corn	20	6.0
Onions	20	3.0
Peaches	20	6.5
Pears	20	6.5
Peas	20	5.0
Prunes	20	7.5
Summer Squash	20	2.0

## Dehydrator Give Away

Having the Excalibur link on our site enables us to give back to our viewers. Recently we were blessed, for the second time this year, with the opportunity to give away a 9-tray Excalibur Dehydrator. Deborah Dolzer from Cloque, Minnesota was the person we chose to receive the Excalibur. One of my viewers named Misti had e-mailed me regarding Deb, who happens to be the member of the month at

[www.frugalvillage.com](http://www.frugalvillage.com). I was told by Misti how much Deb was loved by the members at FrugalVillage and how much they all wanted her to have the next dehydrator giveaway. It could not have gone to a nicer person.

In the future, as a token of appreciation to our most loyal viewers, we will be giving away more Excalibur Dehydrators. So keep on the look out!

Again, Congratulations Deborah!



# Garlic and Onions



## Garlic

Garlic is an antioxidant, anti-bacterial, antifungal, anti-inflammatory herb. It also aids in lowering blood pressure, blood sugar, cholesterol and possible clot formation.

My favorite garlic to dehydrate is elephant garlic because of its milder taste and ease of slicing. I find that dehydrating the sliced garlic first, then chopping it up after, eliminates the fear of garlic falling between the cracks of the dehydrator tray.

If you choose to chop the garlic prior to dehydrating then you will need to tape down some wax paper to the trays or purchase a close knit plastic mesh at a craft store.

-Peel and slice the raw garlic then place it on the dehydrator tray.

-Dry at 120-125°F for 10-12 hours or until completely dried.

-It's as easy as that!

and find they turn a little pink this means, in most cases, that there is a high sugar content in the onion. Making sure to steam the onion prior to dehydrating usually takes care of the problem.

-Peel, chop, and steam for about 3 minutes.

-Place on the dehydrator for about 8-10 hours.

-I find that steaming first helps decrease the drying time.

## Onions

If you dehydrate your onions

### Quick Tip:

Cool your dehydrated food in your dehydrator by leaving the fan on and turning the temp. to 'cool'.

Dehydrated food needs to cool prior to storing!

*'New Month, New Page,  
New Videos, New Tips,  
Same Great Website!'*

## Dehydrate2Store Definitions

### Zip-Lock Bag Test:

After you remove dehydrated food from your dehydrator and allow it to cool place it into a zip-lock baggie. After a couple days shake the bag, if the food does not stick together and is free of condensation it is dehydrated properly. If it does condensate or stick together put it back into the dehydrator.

# Website News



Thanks to our viewers, dehydrate2store.com is becoming a very popular long-term food storage and dehydration resource. As can be expected, we want to keep a constant flow of new and helpful information to keep all of our viewers informed and excited about dehydrating.

**So what is to be expected for the month of October?**



### Completion of the Resource Page:

As many may have noticed the resource page has been changing each day, and now has a functioning clickable map. This month we will be adding to the page; canneries, farmer's markets, and possibly food storage events in each state in the U.S. This month I will also be adding links to products for long-term storage and dehydrating that I have personally used and recommend. We pride ourselves in the

trust of our viewers, and for this reason I will only recommend products I have tested for good performance and great customer service.

### More Videos:

Some videos for the month of October to look forward to are:

-Fast, fun and easy pumpkin pie made with dehydrated pumpkin.

-Using your wheat storage to make fresh homemade bread.

-How long does it take to wash, peel and slice a half bushel of apples to dehydrate? Only 60 minutes!

-My local farmers market.

### New helpful tips:

I will be adding some great new tips, many of which are answers to some of the most FAQ by e-mail from Dehydrate2store.com.

## Herbal Tea

## of the Month

**Know any great herbal Tea recipes? Email us at Dehydrate2store.com for a chance to be our Herbal Tea of the month!**

### ~PARSLEY AND PINEAPPLE~

Two tbs Dehydrated parsley  
Two tbs Dehydrated ground pineapple  
1 large press-and-seal tea bag

After sealing the parsley and pineapple in the press-and-seal place in a teapot filled with 6 cups of water and bring to a rolling boil. Turn the stove off as soon as it reaches a rolling boil and let steep for 20 minutes. After steeping, reheat the whole pot or one cup at a time. Place any leftover tea in a covered jar then refrigerate. Remove and heat as needed.

I recommend this as my number one most beneficial herbal tea and I hope you try it!



## RECIPE CORNER

### Navy Bean and Chicken Soup w/ Butternut Squash

8 servings

2 cups dried navy beans ( boil in water and let soak for 2-4 hours )

8 cups chicken stock  
2 cups of water ( add to chicken stock )  
1 cup dehydrated diced butternut squash  
½ cup dried sliced leeks  
½ cup dehydrated mushrooms  
½ cup dehydrated zucchini  
1 tablespoon dehydrated parsley  
½ cup dehydrated sliced or chopped tomatoes  
1 ½ cups diced chicken breast  
1 bay leaf  
Pinch of thyme and rosemary  
Salt and pepper to taste

After the navy beans soak for 2-4 hours place in a slow cooker with the rest of ingredients for 6 hours.

## It's Squash Season!

If I'm doing long-neck squash I take a large stock pot, fill it 1/3 way with water, then place the whole squash into the pot. When the squash is cooked all the way through I remove it from the pot and place it in cold water to cool. After cooling the skin will peel off easily. Next simply cut, clean seeds out, cube or mash (like sweet potatoes) and place on

the dehydrator trays. Cooking with the skins on is a great way to keep vitamins inside the squash instead of it leaving with the water. This method also makes it a lot easier to cut. You can use this technique with just about all squash and pumpkins!

However, you do not want to do this with zucchini or sum-

mer squash. These types of squash should be washed, sliced, grated then dehydrated. If you want to soften the skins prior to dehydrating you can place the zucchini and summer squash in a pot of boiling water (that has been removed from the stove) for no longer than 1 minute. You do not want to cook these squash. This method applies to eggplant and cucumbers as well.

*Some tricks to making great dehydrated squash or pumpkin!*

## Give Us Your Funny Stories!

Everyone has bloopers and blunders when learning something new, it's part of the process! When I started dehydrating I messed up quite a few times, but in turn developed my own great tricks to get the job done the right way. That is why I've created this site for everyone, to avoid some of those potential blunders.

We, at Dehydrate2store.com, would love to hear some funny dehydrating stories, bloopers, or blunders you have had! Send these funny stories to [Tammy@dehydrate2store.com](mailto:Tammy@dehydrate2store.com) (or through the contact section) with your first name and the state in which you live (optional) and we will include them in future

newsletters!

From these stories we can all learn some what-not-to-do's, or at least get a good laugh!

