

Dehydrate2Store Newsletter

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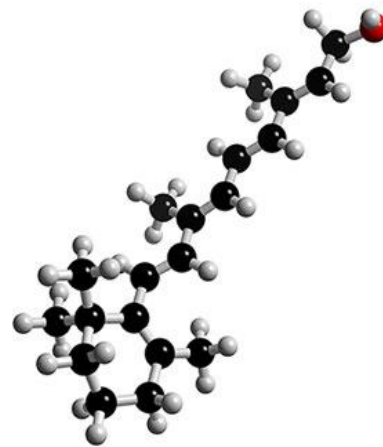
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Did You Know?

- Dehydrating removes water, so you do not have to worry about water dwelling bacteria such as botulinum (botulism).
- Sometimes Vitamin C is lost when slicing food to put in your dehydrator, spray it with concentrated lemon juice! This puts that Vitamin C back.
- More than 30 million tons of food waste are sent to landfills each year. With dehydrating you don't waste a thing. It's a way to save money and your environment at the same time.

Nutrients In Danger?

I am frequently asked about if dehydrating destroys the important nutrients in foods. The truth is that dehydrating is the safest way of food storage in regards to nutrient preservation. Nutrients and enzymes often 'denature' when subjected to extreme temperatures, pH, or sodium levels. When a molecule denatures it loses its shape, and consequently its ability to perform. The reason this isn't a threat in the dehydrating process is because dehydrators use relatively low temperatures over long periods of time to remove the moisture from foods. Also the fan in the back of a dehydrator creates proper air circulation thus ensuring that heat does not build up in any one area and endanger your food. Storage processes such as freezing and canning bring a much larger concern over the



Chemical model of Vitamin A, an antioxidant essential for proper growth and development.

issue of nutrient loss. Studies from the U.S. Department of Agriculture (USDA) indicate that freezing foods for storage yield 40-60% nutrient loss. This is because when cells freeze they expand and often rupture, thus losing large amounts of nutrients. Canned foods lose 60-80% of

nutrients due to the extreme heat used in the process. The same studies on dehydrated foods reveal that only 3-5% of nutrients were lost! Making dehydrating the best method of long term food storage.

Herbal Teas

Dehydrating herbs and flowers for the purpose of making and designing your own teas can have many health benefits and make great unique gifts. Here is some information I obtained from Natural Health Magazine, *1001 Natural Remedies* to brief you on some herbal benefits of homemade remedy teas:

Chamomile helps ease emotional and physical tension and upset stomach
Ginger decreases the production of pain causing chemicals in the body, respiratory congestion, nausea and upset stomach
Cat nip is a mild sedative
Passionflower calms nervous tension
Peppermint has decongesting properties, stimulates circulation and encourages perspiration helping to lower fever. Peppermint also aids in intestinal cramping and gas.

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“They had 5 bushels of Summer Rambo apples for a total of \$10.00. I almost bought them but we wouldn't have had room in the van!”

Remember:

Your Bags should be 3 Mil or higher in thickness.

If you don't hear a “pop” when opening your jars its time for a new oxygen pack.



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Great Way To Save Money

A great way to save money and kick off your food storage is by visiting local farmers markets and auctions. At these events you can get amazing deals on fresh produce from farms in your area. Produce auctions are particularly nice because you can save money by buying produce in large amounts. At my last trip to an auction in P.A. I bought a whole cart load of produce including cases of squash, cucumbers, and papayas, for only \$61! As soon as I returned home I threw

everything on my dehydrators. Now I have a ton of vacuum sealed food that will be great for years.

My friend Kelly from the Roots auction told me of another auction in her area with unbelievable deals on food. She was able to fill an entire van of produce at an affordable price.

“Sweet corn, \$0.90 a dozen, Peaches \$1.00 a 1/2 bushel, Cantaloupes \$0.06 a piece...I just kept thinking about what



I could do with a canner and dehydrator.”

Because produce auctions are such an important resource in building your pantry I will be creating a new page on my site with locations. **Read below for more info**

What's Coming With the Website?

I have received plenty of e-mail asking where I buy all my dehydrating products and tools from. To help all of my viewers we are currently constructing a resources page on Dehydrate2store.com! This page will contain all of the companies I have personally used and recommend based on service, product quality, and price. Also on this page

you will find an interactive map of the U.S. with every LDS cannery and produce auction in each state! Also, if you know of a produce auction, farmers market, storage expo. or other event in your area you can add it too.

We hope you continue to show your support and enjoy the site!

Glass or Plastic?

I store my dehydrated food in vacuum bags, Mylar bags, sealable buckets and Ball jars, but what are the advantages of each?

Ball jars are great for short term storage due to the convenience. When storing in jars simply add your 95% (or more) dehydrated foods and an oxygen pack and close the lid tight. The oxygen pack will absorb harmful oxygen keeping your food safe. Ball jar food, however, will not last as long as bagged food because oxygen isn't completely removed and light can get to your food. My jar packaged items are for everyday use. When I want to make a soup I simply open a jar of corn,

celery, peas, ect. , drop a couple handfuls into the water and re-seal the jars.

Vacuum sealing is a procedure in which you remove all the oxygen from your food using a sealable bag and a vacuum sealer. After you bag dehydrated foods with an oxygen pack you can put the vacuum bag into a Mylar bag for further protection from punctures, UV light, and subsequently some heat as well. If you do not want to double bag you can use a method developed by Bill Garner that can be found in the video section entitled *Vacuum Sealing a Mylar Bag*. Food that is vacuum sealed properly can last up to 30 years!



Another great way to store large volume in a small space is by using number 2 buckets. You can purchase these buckets from hardware stores or get used ones very cheap or free from local bakeries (make sure the seals are not broken!). Often I will add a 5 gallon Mylar bag to the bucket and fill it with a 1000 cc oxygen pack and wheat, sugar, rice or beans. Then I heat seal the Mylar bag and close the lid. Your food is now safe in a compact and near impenetrable container.

***They're Easy To
Make, Good For
You And Taste
Delicious!***



Herbal Teas (Cont'd)

Echinacea (purple cone flower) is used for colds and flu

Lavender is helpful with insomnia, stress and headaches

Elderberry is used for colds and flu

Valerian helps with insomnia and is a mild pain reducer

Mullein leaves are rich in mucilage a gelatinous substance that soothes irritated mucous membranes and bronchial passages.

Marshmallow root also contains mucilage

Thyme soothes nagging cough

Yarrow reduces inflammation and increases circulation

Raspberry leaf contains astringent compounds called tannins that soothe intestinal inflammation.

Dandelion stimulates digestive fluids and helps with water retention.

Licorice root possesses antibacterial properties that increases the production of protective mucus in the stomach.

Parsley has natural diuretic properties and helps to cleanse the bladder of infectious organisms.

Prior to peeling my apples, oranges, lemons, papayas, mangos, pineapple or any other fruit skins (with the exception of bananas) I wash the fruit so it's free of pesticides or dirt. I place the peels on the trays with the outer skin touching the bottom of the dehydrator tray and the fruit side facing up. However, after peeling the apples with the apple peeler I just pile the shoelace peels on the tray and it dries just fine. After dehydrating the peels until they are CRISP and snap I place them in a hand mill and grind them up into almost powder. To store after grinding I place them in a jar with an oxygen absorber until I am ready to make my teas. The tea bag of my choice is the press and seal bags. You can seal them with your vacuum sealer, iron or even a curling iron. If you go to an arts and craft store you can pick out or design your own special tea boxes for your teas to give away as gifts. Here are some of my special teas....

Tea Preparation

Place ingredients into one large press and seal bag. Boil in a tea pot with 4 to 5 cups of water and let it steep for at least 20 min. Remember, the longer it steeps the stronger the flavor.

2 tablespoons of dehydrated dandelion leaf
2 tablespoons of ground dehydrated apple peels
½ teaspoon cinnamon
1 teaspoon ginger

1 tablespoon of dehydrated ground mango peel
1 tablespoon of dehydrated ground papaya peel
1 tablespoon of dehydrated ground pineapple
1 tablespoon of dehydrated honey-suckle

2 tablespoons of Raspberry leaf
1 tablespoon of dehydrated pineapple
1 tablespoon of dehydrated coconut
1-2 teaspoons date sugar

2 tablespoons of Stevia leaf
1 tablespoon of marigold tops
1 teaspoon orange peels

This tea is very sweet and its all natural!