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Dehydrate2Store Newsletter

*In This Issue
You Will Learn
How To
'Choose and
Use' Your
Flour! (p. 1,3)*

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FLOUR: Choosing

When purchasing flour you will find many different kinds and it can seem confusing, but after you know the differences it becomes very simple.

WHOLE WHEAT BERRIES

This flour can be stored for 30+ years in the berry form if held in an air tight container with a good rubber seal and a 2000 cc oxygen pack for each 5 gallon volume of wheat. However once ground, whole wheat flour should be stored in the refrigerator or freezer in an air tight container until ready to use. "Hard" berries such as hard red winter, hard white winter, hard

white spring or hard red spring indicate that it is wheat with a high protein level (14%). This wheat is great for breads. However, soft wheat such as all-purpose flour and cake flour contains less protein (10-12 %) and is great for cakes and pastries.

BLEACHED FLOUR

Flour that is processed with chlorine. The chlorine, however, evaporates after processing and does not destroy nutrients.

UNBLEACHED FLOUR

Flour that is whitened using oxygen and has more of an off-white appearance. Processing the flour helps reduce contami-

nation and improves the shelf life (2-5 years if stored properly). Other than that, bleached and unbleached flour are virtually the same.

ENRICHED FLOUR

Flour that is supplemented with iron and four B Vitamins (thiamin, niacin, riboflavin and folic acid) to replace what was removed from the bran and germ. In addition, calcium is supplemented. There is no change in taste, color, texture, baking quality, or caloric value of the enriched flour.

PRE-SIFTED FLOUR

Flour that is sifted at the mill, making it unnecessary to sift before measuring. However,

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Excalibur Dehydrator Giveaway Winner!

The winner of the 9-tray Excalibur Dehydrator giveaway was Mary Merrill of Oklahoma City, Oklahoma. I would like to thank all of the people who registered for the giveaway and remind you that we will be having more giveaways in the

near future. Please keep checking into the site for more informative videos, tips and updates on our next giveaway. Congratulations Mary, enjoy your gift and happy dehydrating!



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Powdered Coconut Milk

Powdered Fruits and Vegetables

There are many different ways to prepare your dehydrated foods such as cutting, chopping, dicing, slicing, mashing and powdering.

Powdering offers a whole new page of what you can do with your dehydrated foods. Powdered foods rehydrate very quickly and can be made into cream soups, broths, baby foods, sauces, dips, vitamin health drinks, sugars, jellies, Jell-O, paste and flours for baking. Because the foods are ground into a more condense stage, it will require 3-4 times more water (the finer the powder the more water required). In my

pumpkin pie video, for example, I used ½ cup of powdered pumpkin and 2 cups of boiling water to make a thick pumpkin paste for my pie. If you were to make a squash soup then you would use ½ cup pumpkin or squash and 5-6 cups of water, depending on how thick you want the soup.

Instant baby food can be made by powdering fruits and vegetables straight from your garden, or stocked in your pantry to be eaten year round! (See Recipe Section) A tablespoon of powdered apples and 4 tablespoons of boiling water makes a great

applesauce, but it doesn't end there. Sauce and baby food can be made with just about every fruit and vegetable under the sun. Being able to take charge and decide on how much your baby eats allows you to mix up just the right amount without waste. Being a mom of four, I have thrown out many half-full jars of baby food that sat in the diaper bag too long or got pushed to the back of the refrigerator. If I only knew then what I know now!

In the month of February I will be doing a video showing many of the different ways to use your powdered dehydrated fruits and vegetables that will make you say "WOW"!

Thank you for all your support and I pray your new year will be filled with many blessings



The holidays are finally over and it's time to get back to a slower pace. I know I have neglected to answer and keep up with my e-mail for many of you and I am truly sorry. I am doing my best to come up with a better plan of action. I

enjoy hearing from everyone and your uplifting comments keep my spirit soaring.

During the next few weeks, Steven and I will be doing our best to update the Helpful Tips section, finish the resource section and finish the archive for past newsletters. Also, dur-

ing this month of January I will be doing videos on storing and using wheat and flour. This letter contains some prep information that should help you get ready!

Herbal Tea of the Month– Cranberry, Stevia w/ Cinnamon Stick

Wondering what to do with all those dehydrated chopped cranberries that you bought at bargain-basement prices after the holidays? Make cranberry tea!

Benefits of Cranberries

Cranberries are a naturally occurring source of calcium, rich in Vitamin C and iron, a well praised healer of Urinary tract, kidney and bladder infections and a natural combatant of E. Coli.

Stevia

Stevia is a natural herbal sweetener that has 30 times the sweetening power of sugar (with its extracts having up to 300 times the sweetness of sugar), and has zero calories, making it a must-have in your herbal tea pantry. Stevia offers a natural sweetness to all those sour and bitter herbs and fruits. Benefits found in stevia are vitamins A and C, iron, po-

tassium, zinc, calcium and magnesium. It is also said to aid with obesity and high blood sugar. Stevia can be purchased online from many herbal tea sites.

Some believe that stevia, like other sugar supplements, contain health risks. Thousands of tests, however, have been done for adverse health effects and carcinogenic properties in

- 1 teaspoon dehydrated chopped cranberries
- 1 teaspoon dried stevia leaf
- 1 small cinnamon stick
- 2 cups of boiling water
- Steep for 15-20 min.

stevia, with all results negative. This proves stevia to be a healthy and natural sugar replacement.

FLOUR: Choosing *Continued from page 1*

when your flour is vacuum packed and stored for a long period of time it is always a good idea to sift it, regardless if it had been sifted previously or not.

WHOLE GRAIN FLOUR

Flour that contains the germ, bran, and endosperm (flour) of the wheat kernel. Diets rich in whole grains reduce the risks of obesity, diabetes and heart conditions.

CAKE FLOUR

This flour is lower in protein, lighter, fluffier and is used for cakes, pastries and muffins. Almost all cake flour is bleached. Bleach toughens the molecules allowing the flour to carry more sugar and fat. This flour can be purchased in the bake good section of your grocery store or you can prepare your own by taking 1 cup all-purpose flour, removing 2 tablespoons

of the flour and replacing it with 2 tablespoons of corn starch. If you want it to be self-raising then add a pinch of salt and 1 1/2 teaspoons of baking powder to the mix. Write these measurements down and tape to the back of your flour canister.

ORGANIC FLOUR

This flour is chemical-free. It is grown and stored without the use of synthetic herbi-

cides or insecticides. It also means that no toxic fumigants were used to kill pests in the grain and no preservatives were added to the flour, packaging or food product.

Organic flour, however, is not standardized, so its definition varies from state to state.

FLOUR: Using

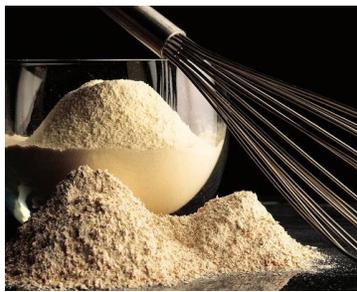
If your trying to achieve a fluffy bakery-style bread that is great for sandwiches and stays fresh for more than a day you must use a high protein additive or dough enhancer, and there are many different kinds!

Vital Wheat Gluten is a natural source of gluten from wheat. It gives the yeast in dough a boost because it contains a high amount of gluten forming proteins (40-80%). For dough add 1 teaspoon of vital wheat gluten per cup of all-purpose flour, or 2-3 teaspoons per cup of whole grain flour. If your bread will have extra sugar or dried fruits then you will need to add extra gluten.

Dough Enhancers are processed with a combination of different ingredients depending on what brand you purchase so you will need to

read the ingredients if you are concerned. These can be purchased online at <http://store.honeyvillegrain.com> as well as other locations.

Lecithin is a mild preservative that helps keep bread soft and fresh. This can be pur-



chased online at www.bulkfoods.com. To prepare add 1 tablespoon for each cup of flour.

Eggs help boost the protein content of bread and make a softer and more fresh product.

Ascorbic Acid helps yeast to rise and deters mold. To prepare add approximately 1/8 teaspoon per loaf of bread.

Buttermilk helps yeast grow, deters mold and maintains freshness.

Ginger acts as a yeast booster.

Potato flakes act as a bread softener.

I like to experiment with the different ingredients above by mixing, matching and coming up with my own dough enhancers. We all have different likes and dislikes, so have fun experimenting and find your preference!

Dehydrate2Store Definitions

Wheat Flour- The wheat kernel has three parts: bran, germ and flour. During milling, the three parts are separated and recombined accordingly to achieve different types of flours.

Flour can be milled from wheat, nuts, vegetables, beans, fruits, rice, oats and barley.

