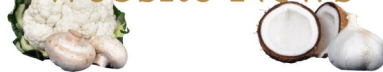


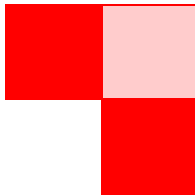
Dehydrate2Store Newsletter

Website News : Save Money with Honeyville Coupon Code



Inside this issue:

Website News: Save Money with Honeyville Coupon Code	1
Dry Rubs	1,3
April Giveaway!	2
Tidbits of Helpful Tips	2
Herbal Tea of the Month	2



The Resource section of Dehydrate2store.com is all about helping you get the right materials to build your pantry while saving you money at the same time. At Dehydrate2store we try to find companies with the highest quality products and best service, for less! One addition to the resource page that I am particularly excited about is a link to Honeyville Farms. After speaking with Honeyville we have worked out a deal exclusive to Dehydrate2store.com!

Coming soon there will be a link on Dehydrate2store.com with a special coupon code to save a percentage on all of your orders!



Honeyvillegrains.com is a great website that I frequently purchase from. They have a wide variety of dehydrated and powdered foods. From milk, cheeses

and butter, to eggs and beans the amount you can do is endless. A benefit of buying from Honeyville is that many of the powdered foods such as milk and cheese require special equipment, and can't be done on your own at home. Also the prices are reasonable, shipping costs are a low flat rate fee, and the products are high quality and packaged to last for years! So keep on the lookout for the Honeyville ad on Dehydrate2store.com where you can save on all the great Honeyville products!

Check out Page 3 for Dry Rub Recipes:

- **Jerk Rub**- Great with beef and pork
- **Garden Rub**- Great with fish and Vegetables.
- **Lemon Cumin Spice Rub**- Great with chicken and shrimp



Dry Rubs

Just when you thought there was nothing else you could do with dehydrated foods...

So far you know you can design your own pre-packaged soups, quick bread, muffins, casseroles and bread crumbs, but now let's talk about spice rubs. Spice rubs are used to spice up and flavor chicken, ribs,

pork chops, roast, hamburgers, turkey burgers, shrimp, fish and just about anything you would like to rub a little flavor into. Making your own spice rubs allows you to use many of your dehydrated foods by grinding and blended them together to create many different and wonderful enhancing flavors for your dishes. Using the rubs from your local store

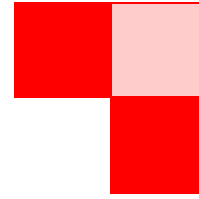
are fine, but when you make them yourself you become in control of your own interesting signature blend that is so much fun to share with others. Here are some recipe rubs that offer a good starting place. Remember, these are your creations so have fun, go crazy, and be the chef your family will love to taste test for.

Continued on Page 3

April Giveaway!

9-Tray Excalibur

That's right! We are doing it again. As we frequently remind our viewers: this site is not about making money, it's about informing and encouraging others to build their pantries. Having ads on this site allows us to accumulate enough to give it right back to our viewers. Every dehydrator we give away gets another family



started on building their pantry and securing themselves. So long as Dehydrate2store.com is up and running we will continue to give away dehydrators.

This time the giveaway will be announced live April 2, 2010 on www.blogtalkradio.com/freedomizer

at 9:00 pm Eastern time.

How to Register

Registration is simple! Just send an e-mail to

Aprilgiveaway@dehydrate2store.com

with your first and last name, mailing address, and phone num-

ber. That's it! The contest registry will close April 1st, so don't forget to get those entries in fast!



Tidbits of Helpful Tips

Dehydrating Plums

When it comes to plums remember all prunes are plums but not all plums can be prunes. Plums need to be very ripe if you want prunes. Simply wash, leave the skins on and cut in half, remove the pit then place skin side down on the dehydrator tray. Dehydrate until they are a little on the hard side.

Peelings

When peeling your oranges, mangos, papayas, apples, peaches, pears and lemons place the skins on the tray with the skin side facing DOWN and dehydrate. After dehydrating most skins can be ground and put in homemade herbal teas, sauces, cookies, cakes and breads.

Avocados

Avocados have a very high oil content and are not recommended for dehydration. They will not store well and will turn rancid after a period of time.

Herbal Tea of the Month: Rose Hip and Chamomile



- 1 teaspoon rose hip
- 1 teaspoon chamomile
- Place in a small press and seal tea bag
- Steep for 15 minutes

You may have seen this one coming due to Valentines Day.

In ancient Rome the rose was used as a blessing and in Europe the rose was used as a food source during the famine. Roses have a lot of nutritional value and are said to help aid in: depression, skin hydration, infection, antibacterial, digestion and intestinal cleansing, immune strength, circulation, respiratory and urinary tract infection and anti-ageing.



When adding rose hip to an Echinacea cold remedy your giving an extra boost of vitamin C. When equal parts



of dandelion and rose hips are placed together it aids in the removal of toxins and supplements necessary vitamins and minerals into your diet.

Dry Rubs

6 dehydrated habanera peppers
 6 dehydrated scallions
 2 tablespoons whole all spice
 1 tablespoon coarse salt
 2 teaspoons cayenne pepper
 1 ½ teaspoons ground cinnamon
 1 teaspoon coriander
 1 teaspoon ground nutmeg
 1 teaspoon whole ground black pepper

Jerk Rub

Place all ingredients in a hand grinder or blender until it becomes a coarse powder.

Marinate your meat in

- ½ cup red or white vinegar
 - 2 tablespoons of olive oil
 - 1 tablespoon soy sauce
 for 1 hour.

Remove meat from marinade, apply rub, let stand in the refrigerator for 2-4 hours, then grill, bake, fry or broil.



Garden Herb Rub

Hand grind or use electric blender until coarse powder.

Coat meat with olive oil then apply rub, let stand in the refrigerator for 4 hours. Grill, fry, bake or broil and serve.

1 cup dehydrated parsley
 ½ cup dehydrated oregano
 ¼ cup rosemary
 2 tablespoons dried tarragon
 2 tablespoons dried thyme
 1 tablespoon coarse salt
 1 teaspoon coarse ground black pepper



Lemon Cumin Spice Rub

¼ cup ground cumin
 2 tablespoon grated lemon peels
 2 tablespoons paprika
 2 tablespoons ground cardamom
 1 tablespoon ground cinnamon
 1 tablespoon coarse ground black pepper
 1 tablespoon cayenne pepper
 2 tablespoons dehydrated oregano

DEHYDRATE2STORE.COM

Hand grind or use electric blender until coarse powder.

Dip meat (best with chicken or shrimp) in a mixture of

1 tablespoon brown sugar
 2 tablespoons water

Apply rub and let stand in refrigerator for 4 to 6 hours.

Grill, broil, bake or fry until done.

Use 1 tablespoon of rub per chicken breast

Use 4 tablespoons per 1 pound of shrimp

Left over and unused rub can be vacuumed pack or stored in glass jars.

Be sure to use an oxygen pack to help maintain freshness.

All rubs should be stored away from direct light and heat.

When it comes to rubs it's a blank canvas and the sky's the limit.