

# Dehydrate? Store

## Newsletter



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### Honey Did You Know?

- Honey is good for your immune system and will give you energy.
- Honey has vitamins and minerals that help metabolize cholesterol and fatty acids, which can aid in weight loss.
- If researched, you can find many pages filled with more health benefits of honey.
- Word of Caution: When raw honey ferments it can foam out of the jar while in storage

## Dehydrating Honey

*What are the benefits of dehydrating honey?*

First of all, honey will store for an unknown amount of years. I say unknown because it was said to be found in an Egyptian tomb and was still good! Although I am big on long term food storage, I have to draw the line somewhere and honey that is thousands of years old is too old for my taste buds.

On a more serious note, honey will last for many years in its natural form so long as it remains unopened and at a reasonable temperature. However, once the seal has been opened or kept in a very cold place it can crystallize into a gooey sugar and look unpleasant to eat. I'm sure this has happened to many of you already but don't throw it out! This gooey crystallized honey when heated (not boiled) will melt right back into honey that is perfectly fine to eat.

Before I talk about dehydrating honey let me tell you a few facts about honey.

If you pick up your container of honey that you purchased from a local store it may read "all natural Clover honey", with no other ingredients mentioned. Is it pure honey?

Most likely it is not! During the 1970's in order to produce more honey for the growing demand, NATURAL corn syrup was added to the honey, which qualifies for 'all natural' on the label.

The best bet for finding pure honey (if this is what you want) is to first find a small local bee keeping business. A small business most likely cannot afford to acquire the expensive equipment needed to mix other ingredients into the honey. Even after finding the perfect bee keeper you have to make sure that the bee keeper is not cultivating the honey before it has time to cure in the comb (this happens when the bees seal the comb). You can also purchase the honey in the sealed comb so long as you know for sure that the bees are not being sugar feed. When looking for pure honey find a bee keeper you know and trust; however, I'm not sure how many bee keepers you'll find in a large city. Ok, you found your

trusted bee keeper and you have your honey comb, but how are you going to store it? Will you keep it in the comb then place it in a jar? Will you squeeze it from the comb and then dehydrate it? Or will you purchase it raw in



a sealed jar?

The good news about honey, whether absolute pure raw comb honey or the all natural store purchased kind in my pantry, is:

1. The chemical composition in honey makes it impossible for bacteria to grow.
2. Pure raw honey contains yeast that can ferment over time. Fermented honey will not cause a health issue if eaten. Some people believe that it is actually better for digestion this way, although there is no medical proof of that. Raw honey will turn cloudy, crystallize



## Benefits of Dehydrating

- 1) The nutrients lost in dehydrating foods is only 3-5% vs. freezing which has a loss of 40% and canning which has an 80% nutrient loss.
- 2) More flavor in the food. With canning a lot of flavor is being absorbed in the water.
- 3) Properly dehydrated foods CAN NOT develop the bacteria botulinum (botulism) because it needs moisture to thrive.
- 4) You can easily dehydrate your entire garden.
- 5) Buying in bulk and going to farmers markets allows you to save a fortune when dehydrated and stored.
- 6) The ability to prepare meals faster:
  - no cutting, peeling, and chopping. How easy is it to take your dried ingredients from your pantry, toss them in a pot, add water and walk away?
  - 7) Designing and packaging your own special soups, stews, pies, cookies and breads that can be compiled into a basket for a quick gift for someone you love or in need.
  - 8) Longer shelf life. If stored properly dehydrated food can last up to 30 years.
  - 9) Dehydrated foods weigh much less than frozen, canned and fresh foods.
  - 10) Once the food is dehydrated and packaged it requires no electricity to maintain freshness.
  - 11) You can remove the amount needed for your family. With fresh foods you need to use it up quickly, with boxed or canned foods you are forced to use what

you opened.

- 12) Being ready for unexpected personal financial problems or economic and environmental crisis.
- 13) Having bragging rights to never running out of anything.
- 14) Teaching your children and those around you a skill to be green, to save and not waste, be resourceful, being smart by thinking ahead, being prepared against the things we can not control, having a game plan, staying healthy, caring and sharing.
- 15) And lastly, taking pride in the food you prepared and stored, and the great easy dishes you can pull from your pantry. Having security knowing you are prepared for what ever life brings.

...Oh, and all that money you save, that's yours!

## April Giveaway

Yes, we're doing it again! This is a reminder about the Excalibur 9-tray Dehydrator Giveaway for April. We give away dehydrators so that we can to give back to our viewers and to help get another family started on building their pantries and securing their loved ones.

### *In Addition:*

To welcome Honeyville grains to our website we will be giving away surprise Honeyville products during our April giveaway as well!

This time the giveaway will be announced live on April 1, 2010 at [www.blogtalkradio.com/freedomizer](http://www.blogtalkradio.com/freedomizer) at 9:00 pm Eastern time.

### *To Register*

Registration is simple, just send an e-mail to [Aprilgiveaway@dehydrate2store.com](mailto:Aprilgiveaway@dehydrate2store.com) with your first and last name, full mailing address, and phone number.



The first name drawn will win an Excalibur 9-tray Dehydrator. The next names drawn will win various surprise gifts from Honeyville grains! Don't forget to check out our Honeyville 5% coupon in the "Resource" section of [Dehydrate2store.com](http://Dehydrate2store.com)

Registration closes March 31<sup>st</sup> at 11:59 PM, so get those entries in fast!

Good Luck!



[dehydrate2store.com](http://dehydrate2store.com)

## Tea of the Month— Chamomile/Ginger/Orange/Honey

If I had to make a top-ten list of favorite teas this would be at the top, and I'm always quick to remind people it's addicting. This tea is hot, spicy and sweet and will warm you up and energize you better than a strong cup of coffee that is loaded with caffeine.

Honey soothes the stomach and acts as an intestinal ailment. It's loaded with amino acids and minerals that help speed up metabolism and aid in weight loss.

Ginger aids in indigestion, high

blood pressure, lowers LDL cholesterol (bad cholesterol), will help ease morning and motion sickness and soothes the throat and chest.

Chamomile is a mild sedative and muscle relaxer and has been known to reduce stress and depression.

Dehydrated grated orange peel adds a little Vitamin C along with a delicious orange flavor and aroma.

This tea is great in the summer over ice and served with a dehydrated orange slice.

For a full pot use a large press and seal tea bag and fill with  
1 tablespoon ginger  
2 tablespoon chamomile  
½ teaspoon dehydrated orange peel.

I think it is best when you let it steep for 40 minutes in order to get a nice flavor.

After steeping reheat to a boil then pour into a cup and add honey to taste (I use 1 tablespoon per mug).

and/or ferment within months, causing it to look unpleasing.

3. Store purchased pasteurized honey stops fermentation because the yeast in the honey has been killed off in the heating process.

4. Raw honey and pasteurized honey will last indefinitely if stored properly.

### *Dehydrating Honey*

To dehydrate begin by spreading the honey on parchment paper or a fruit roll up sheet made for dehydrators. Then place in the dehydrator at 120° F

until it breaks apart like hard candy. After cooled, quickly place in a blender and grind into a coarse sugar. Because honey is hygroscopic it will attract moisture even when in its sugar state, causing your dehydrated honey sugar to turn into a big gooey gum ball if exposed to even a small amount of moisture. For this reason it is imperative to pay close attention to storing your dehydrated honey sugar properly. You can purchase honey sugar online but keep in mind it could come mixed with white sugar.

### *Benefits of Dehydrating Honey?*

The sugar can be used to sprinkle on cookies, doughnuts and cakes and that's about it. Please note, dehydrat-

ing honey will not increase its already endless shelf life.

My rule of thumb is to purchase the best quality product I can easily find and afford. When it comes to long term storage of honey I prefer to store it as honey and not as its dehydrated sugar form. It is less work and will last for many years.



## A Heartbreaking Decision

I will no longer be answering emails from the Dehydrate2store website. This decision breaks my heart and I am truly sorry for all of the unanswered email but I am unable to keep up with the thousands of email I receive. It is a blessing that the site has been able to reach so many people. Steven and I are dedicated to keeping the website, videos, resources, tips and newsletters up-

to-date and running. Many of the answers to question may be found in the tip section. We will continue to except, and are grateful for, the contributions of recipes and information for the resource section. Steven will continue to take tech-related email and will schedule newspaper and radio interviews via email as well.

I never dreamed the site would grow to

this size. Again, I am truly grateful but I still have a ten year old at home and am afraid I was spreading myself too thin. I am amazed by all the kind words and beautiful emails that have brought me to tears with the wholeheartedness and love of your words.

Please keep checking in for new videos, newsletters and updates. Again, thank you for being so kind. Happy Dehydrating- Tammy