

# Dehydrate2Store Newsletter

## Inside this issue:

Lemon Grass	1,2
Dehydrate2Store is on Facebook!	1
Health Benefits of Lemon Grass	2
Excalibur Giveaway	3
Star Spangled Giveaway	3
April Giveaway Winners	3
Lemon Grass Stock	4
Lemon Grass Juice	4
Lend a Hand!	4

## Dehydrate2SaveTime



## Dehydrate2GoGreen



## Dehydrate2SaveMoney



## Dehydrate2BePrepared



Dehydrate2Store

## Lemon Grass

Recently when I was on Blog Talk Radio with Proof Negative I was asked about Lemon grass. Proof lives in Nevada and came across a bushel of lemon grass and wanted to know if he could dehydrate it to maintain a long shelf life. Many markets around the world have assortments of fruits and vegetables that most of us are not familiar with. My advice is this, you can dehydrate just about anything for long term storage so long as it does

not have a high oil content (peanuts, eggs, meat, fish, cheese, milk, avocado, etc.). If you have produce that is prevalent in your area but you are unsure of what to do with it, just follow this simple rule: ***"When in doubt, dry it out!"*** Place the item in a zip lock bag for several days. Open the bag to test for excess oil, moisture or a rancid smell.

When Proof asked me this question, I jumped at the chance to research more...

Lemon grass is used in many Asian recipes. Unfortunately, if you live in a city without ethnic markets or Asian grocery stores, fresh lemon grass is not always available. Luckily, dehydrating your lemon grass when you are able to find it will increase the shelf life for years, so you can always keep some at hand. Don't allow your new found goods to wilt in the refrigerator before you can use it again, ***Dehydrate it!***

*Continued on Page 2*

## Dehydrate2Store is on Facebook!

That's right! Now you can get information on all the new things going on at Dehydrate2store.com sent directly to your computer or mobile device! Every time there is an update to the website we will make a posting on facebook. This way if you are a fan of our facebook page, you can visit the page and see all that is going on. Updates include new videos, recipes, helpful tips, giveaways or resources as well as changes to the site.

### How Do I Make a Facebook Page?

It's easy and completely free! If you do not already have a facebook page you can make one in a

few minutes!

Just go to [www.facebook.com](http://www.facebook.com) and fill in the "Sign up" information (Name, birth date and e-mail). This will create your very own Facebook page. You can customize your page with pictures, info about yourself and status updates, or leave your page completely blank. Facebook is very secure. You can make your privacy settings so that only your friends (that you must approve) can view your page. If you are worried about being found on Facebook, you can just make up a fake name.



### How Do I Become a Fan?

Once you have an account, Log in and search "Dehydrate2Store" in the search bar. On the top of the dehydrate2store page there will be a "Like" button. This will make you a fan of the page. Now you can simply check Dehydrate2store on facebook using the search bar, or your "friends/pages" list. Read our "wall" for updates on the site and new photos, or take part in a discussion board!

Hope to see you there!

*April*  
Showers

BRING

*May*  
Flowers



See page 4 for some  
great recipes using  
lemon grass, or create  
your own and post  
them on our recipes  
section at  
[Dehydrate2store.com!](http://Dehydrate2store.com!)



## Lemon Grass *Continued*

To dehydrate lemon grass simply cut it into long thin slices or toss the grass whole on the dehydrator tray at around 115 degrees or less. After proper dehydration it will easily crunch in your hand. If you want to hang dry your stalks you will need to hang them upside down in a dry, ventilated area for 2-3 weeks!

### So what is lemon grass?

Lemon grass is a tall tropical grass. The stalks and leaves have a clean lemon-like odor because they contain the same essential oil that is present in lemon peels. The long grey-green leaves are tough

and fibrous. The outside leaves and the tips are often chopped very finely and used as zest, usually to be discarded from the dish before it is served. The base of the plant is often dehydrated and ground into a powder that can be reconstituted into lemon grass juice, soup, sauce or spice to be sprinkled on fish and chicken. If you are cooking with a dish that calls for Lemon grass, but you cannot obtain any, lemon peels and a little ginger make a great substitute.

In Thailand lemon grass is used as commonly as we use parsley here

in the states. It is most popular in soups but can be used in grilling chicken and fish as well. On Page 4 you can find a recipe for a great dehydrated lemon grass soup stock that you can package and place in your pantry for years. When rehydrated it will taste as fresh as the day it was picked.

A close relative to lemon grass is Citronella. You may recognize this as the oil used in candles or bug repellent to chase away mosquitoes. Lemon grass has been used as a natural bug repellent for centuries, but its uses don't stop there...

## Health Benefits of Lemon Grass

*by* Manolito Montala, Herb Specialist

Studies have shown that the lemon grass has antibacterial and antifungal properties. Mixed with pepper, it's a home therapy for menstrual troubles and nausea. Drank as tea, it is an effective diuretic. When it comes to pets, citronella is used to neutralize excessive barking of dogs. Since dogs hate citronella, it is sprayed to dogs to prevent them from barking or just to lessen [their] behavior.

The lemon grass is a good cleanser that helps to detoxify the Liver,

pancreas, kidney, bladder and the digestive tract. It cuts down uric acid, cholesterol, excess fats and other toxins in the body while stimulating digestion, blood circulation, and lactation; it also alleviates indigestion and gastroenteritis. It is said that lemon grass also helps improve the skin by reducing acne and pimples and acts as a muscle and tissue toner. Also, it can reduce blood pressure. Just make a concoction by boiling some lemon grass leaves, let it cool for a while and drink the liquid.

A recent study by the Food and

Nutrition Research Institute of the department of Science and technology ( DOST ) claims that every 100g of edible lemon grass when boiled can contain up to 24.205 micrograms of beta-carotene, the anti-oxidant that scientists believe can help prevent cancer. Another DOST study shows that lemon grass oil has the potential as a tropical eye medication against keratomycosis, an inflammation of cornea often associated with burning or blurring of vision



*Dehydrate2Store*



# Excalibur Giveaway

Everyday more and more people are visiting our site in search of a better way to increase the shelf life of their food while building their pantries. Over the past year I have been shown that if you desire to make a difference with a sincere, honest and selfless heart you will be blessed. My blessings are not that of money but far greater. I have been blessed with the ability to give

back, to reach and encourage others to keep a stocked pantry and to secure their families and friends. I have been blessed with a supportive family whose love is never ending. I have been blessed with my brilliant, giving and loving son Steven who has worked so hard to make this site possible. Being blessed with the ability to give are blessings that bring more blessings.

This is the sixth Excalibur we have given away in one calendar year. If you have been one of our winners it would be nice to hear from you in the blog section of Dehydrate2store.com. Let us all know what you think of the Excalibur or Honeyville products. I am sure all the viewers would love to know your thoughts and ideas.

*Brought to you by:*



## Star Spangled Giveaway

That's right, we are doing it again! This July we will be giving away yet another 9-tray Excalibur Dehydrator to one lucky winner. Entry for this drawing is simple. Just send an e-mail to

[StarSpangledGiveaway@dehydrate2store.com](mailto:StarSpangledGiveaway@dehydrate2store.com)

with your first and last name, phone number, complete mailing information, and email address. *Failure to include any of the above will void your entry.* Our winner will be drawn at random near the fourth of July! *(Exact date to be announced)*

Good Luck Everyone!



## April Giveaway Winners

*Excalibur*

*Winner:*

Shawna B. of  
Saratoga Springs,  
Utah

*Honeyville*

*Winners:*

Cynthia J. of  
Sergeant Bluff,  
Iowa

Diane P. of  
Puyallup,  
Washington

Bruce A. of  
Racine, Wisconsin

Susan A. of  
Trenton, Michigan

*Congratulations!*



## Lemon Grass Stock

*for a great oriental soup*

- 2 stalks of dehydrated lemon grass
- 4 scallions chopped and dehydrated
- 3 dehydrated lime leaves
- 3 dehydrated star anise
- 1 slice of dehydrated elephant garlic
- 2 dehydrated slices of ginger
- 10 dehydrated coriander leaves
- 2 halves of a dehydrated red chili pepper



Place all ingredients into a vacuum bag with an oxygen pack, label and place in your pantry. This stock will stay fresh for many years!

**To Reconstitute:** Open vacuum bag and place into a pot with 10 cups water. Bring to a boil then simmer 1hour. Strain and use with your favorite oriental soups.

## Lemon Grass Juice– Hot or Cold!

- 1) Boil water with the sliced lemon grass.  
Let it boil until the water turns yellow.  
Remove from heat and pour through a filter to separate the lemon grass
- 2) In an electric blender, blend chopped lemon grass leaves with 1/2 cup of water.  
Pour through the filter to separate the leaves. This makes the condensed lemon grass juice.
- 3) Boil the lemon grass juice from step 1 again.  
Add sugar and let it boil until dissolved well.  
Add the condensed lemon grass juice (from step 2).  
Stir and remove from heat.

This could be taken as a hot or cold drink.



## Lend a Hand!

We could use your help! Soon all the farmers markets and produce auctions will be blooming with great prices and in-season availability. If you know of any markets in your area you can place go to the resource section of Dehydrate2store.com and click on the state of the event. Next, click "Add A Resource!" and fill out the short form.

By doing this you are helping others who might not be aware of markets in their area.

It only takes a few minutes to lend a hand!

If you work at one of these markets it is also a great way to advertise and say hello!

We already have many submissions that will be added to the map this week!

Thanks for the help! -Dehydrate2store.