

Dehydrate2Store Newsletter

ISSUE 10

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VIDEOS COMING SOON

-“Nola’s Granola”
The first batch I made was attacked by four 11 year old boys!

-Sweet Potato and Mixed Vegetable Dumplings

-Apple Turnovers.

-Collard Green Rolls Stuffed with Rice and Hamburger.

All are fast, easy and Soooooo good!



Homemade Cranberry and Apple Juice

Wow! I love the Steamer/Juicer and how easy I can make healthy juice to store in my pantry. The grape juice I made in the video “Grape Juice with Shannon” tastes incredible. It is better than any store bought juice I have ever tasted, and is absolutely sugar free!

But, you don’t have to stop with grapes!

Cranberries and apples are now keeping my Steamer/Juicer busy. I steamed 2 pounds of cranberries, 3 pounds of apples, 1 teaspoon whole clove, 2 cinnamon sticks and 1 cup sugar together for one and a half to two hours (make sure to keep an eye on your water level). I yield 9 cups of juice afterward, but when the juice chills it thickens a little more.

I diluted with equal parts water as I used it. Everyone loved the juice saying, “It tastes like Christmas!”. Personally, I think it tastes like candy apples. Maybe I’ll call it “**Santa’s Crandy Apple.**” One thing is for sure, It will make a great Christmas gift for many of my friends.

Cranberries are tart so sugar is needed, but the benefit is that I can control the amount of refined sugar I put in my juice. Also, the sweeter the apple the less refined sugar is needed. I found that adding the cloves and cinnamon sticks help defuse the tartness of the cranberry as well.

After the juice was finished I removed the apples and cranberries from the steamer and placed the cranberries on my dehydrator tray. Twelve hours

later they were completely dried and still had a nice cranberry taste. A few days later, I baked these dehydrated cranberries in a **muffin recipe** and was very pleased with the outcome.

Separating the steamed cranberries from the apples was easy after removing the mixture from the steamer and letting it cool. The steamed cranberries kept their shape whereas the apples became applesauce and would work better in a roll-up.

In a different batch of leftover apples and cranberries from the juicer I made an **apple cranberry sauce** by simply placing everything in my blender and canning it with my pressure cooker. I left the apple skins on in one batch, and in another I peeled them. Both batches tasted great!

In addition, I tested leftover

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Holiday Giveaway

The holidays are about giving, and are a great opportunity for us to say thank you to everyone for being a part of Dehydrate2store. Register your name, register a friend, register members of your family, just get busy and register! If you register someone other than yourself make sure to put down your name so, if that person wins, we can let them know who did the good deed.

But wait!

Not only are we giving away a **9-tray Excalibur Dehydrator** we are also giving away many other **surprise items**. We would love to tell you except, It’s a *surprise!*

So, When is the drawing?

Christmas Day. That’s right, we will release the winners Christmas Day. So make sure you check the site and watch the video to see if you, or someone you registered, are one of the winners!

To Register Just send an email to

HolidayGiveaway@dehydrate2store.com with your First and Last Name, Shipping Address, Email Address and valid Phone Number. If any information is missing, your entry will be void. If you are registering for someone else: use their information and include- “Registered by *Your Name.*” Good Luck Everyone!

Herb of the Month by Lisa of Anjali's Herbals

“Echinacea is unmatched in its ability to support the lymphatic system, heal the body, and strengthen the immune system.”

Echinacea angustifolia and Echinacea purpurea are two of this herb's most potent species. Echinacea, also called Purple Coneflower, grows abundantly in North America. Here in the Northeast U.S., it's often grown in flower gardens, where its large purple flower heads and plant height of 2-3 feet give a spectacular show. In the South, prolifically found from Alabama through Texas, it's also called Samson Snakeroot or Black Samson because of its thick dark root. But whatever name it goes by, one thing is certain: Echinacea is unmatched in its ability to support the lymphatic system, heal the body, and strengthen the immune system.

Native Americans were the first to use Echinacea, and have done so for hundreds of years. It was used to treat a wide variety of health issues, from snakebites and stings, to toothaches, colds, coughs, bacterial infections



and even distemper in horses! Modern laboratory research suggests that Echinacea can help stimulate the immune system, and other research shows that it can treat a cold, though it may not prevent one.

So what is the best way to use Echinacea, and what can it possibly do for you? First of all, it is important to use Echinacea only when you really need it. It should not be taken as a daily supplement, but instead used for specific health issues. It is the first choice of treatment for colds, and can be steeped as a tea for this purpose, or taken in gel-cap form. If taken as tea, use a bit of raw honey to sweeten and you will also gain the wonderful anti-bacterial properties of honey at the same time.

Echinacea also contains active ingredients which seem to attack yeast and fungi, making it a helpful first step in the prevention of vaginal yeast infections when used in conjunction with medicated creams. Echinacea's anti-inflammatory, anti-bacterial, and cortisone-like properties also make this herb a good choice in the treatment of:



enlargement of the prostate; ear aches, strep throat, and other infections; acne, psoriasis, and eczema; sores on the skin and in the mouth; and cuts, burns and wounds.

All parts of the plant can be used: stem, leaves, flowers and roots. You can use it as an infusion (steeped in water for tea or as a body wash), ground up and made into a poultice, or taken by mouth in gel-caps. Please use some caution if you have allergies to ragweed, and as always, use only when needed.

Don't be unprepared this cold and flu season - get your Echinacea!

Good Health to you all!

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It's Potato Season!

This week I will be busy getting my potatoes washed, sliced and dehydrated. Unfortunately, life doesn't always follow our scheduled agenda and swiftly depletes the time left for our checklists. Because I am behind schedule and

have to cram in time for my potatoes, there will be no time for peeling. First, I will fill my sink with lukewarm water and a little dish soap then scrub the skins. Next, I'll place them on my meat slicer set to 3/8 inch thickness. Using my largest stock pot with water and NO SALT, I will

steam the potatoes until they are tender, but still on the firm side and not over cooked or falling apart. It does not take long so I will have to keep a close eye on them. Last, I will rinse them with cool water and place them on my dehydrator trays for about 12 hours.

Gather Your Pumpkins

Now is a great time to stock up on pumpkin for soups, breads, cookies, muffins, pies or stuffing for dumplings. If you have not yet seen my video on pumpkin pie I hope you take a minute and watch it. As fast as I make a pumpkin pie with dehydrated pumpkin I can make any other pumpkin recipe from soup to



dumplings. Pumpkins are a fast and easy food to dehydrate and cook with!

This is the time to gather all those unwanted pumpkins that farmers, gardeners and neighbors are itching to get rid of. I just got back from the farmer's market and they were practically giving pumpkins away. I filled the trunk of my car with pumpkins and only spent \$6.00.

Most people I have talked to over the years thought you had to have a special kind of pumpkin for cooking. You

can only use, they thought, the small pumpkins at grocery stores labeled "cooking pumpkins". However, these pumpkins are usually over priced. Many large pumpkins are thought of as Jack-O-Lantern pumpkins that are only good for carving. However, these pumpkins can make a great pie, bread, soup or whatever else you need! After Halloween a friend of mine was heading to the trash with a box of pumpkins. I jumped up and said, "I'll take them." She replied, "What are you going to do with them?"...

"Cook them up and dry them out of course!"
If you have a dehydrator don't miss this opportunity to gather up those unwanted pumpkins!



Shock and Amaze Your Family and Guests this Thanksgiving

Shock and amaze your family or guests this Thanksgiving by using your dehydrated foods! (If your not sure how to use dehydrated foods directly in your recipes, just rehydrate them first and use.)

Take those dehydrated cucumbers or beets, place them in a jar, pour your favorite pickling juice over the top and place in the refrigerator a few days before Thanksgiving. Come thanksgiving you will

be able to fill your relish trays or eat your delicious pickled beets whole! (see video "Pickles and Pickled Beets").

With dehydrated food you can also:

- Make a pumpkin or apple pie in just minutes.
- Try making your cranberry sauce with dehydrated cranberries.
- Show off some of your pre-

packaged dehydrated soups.

This is your time to shine and grab the attention of all those who giggled at your "crazy dried up foods". This is your time to teach others, and wow them in the process!

To learn how to make these foods, or to get more ideas, see the Dehydrate2Store.com 'Recipes' and 'Videos' pages!

Homemade Cranberry and Apple Juice *Continued*

grapes from the juicer and found they dehydrated quickly and tasted ok. The only difference was they were thinner. Because the items have been juiced first, they have a weaker flavor and I'm sure are lacking in nutrients as well. However, some flavor still remains and these juiced fruits are still a good source of fiber!

In the recipe book included with

the Juicer there are many different fruit recipes such as **apricot, blueberry, currant, elderberry, gooseberry, huckleberry, strawberry, chokecherry, cherry, crabapple, peach, pear, rhubarb, plum and tomato.**

I am so thankful Shannon took the time to share her knowledge with all of us. She is a wealth of information, a joy to be around and is always smiling.

Thank you Shannon. HUGS!

HAPPY THANKSGIVING

Don't Forget to Register for the Holiday Giveaway!

