

Laws of Food Preservation: Dehydration

- Use fresh, high quality vegetables & fruits.
- **Use a current, tested recipe from a reliable source to ensure safety and success!**
- Consult Rutgers Cooperative Extension or the [National Center For Home Food Preservation](#).



- Dry in an electric food dehydrator.
- Herbs may also dry naturally.
- Treat light colored fruit with ascorbic acid to prevent darkening.
- Blanch most vegetables prior to drying.
- Store dehydrated food in a air tight container in a cool, dark place