

**How to
Dehydrate Food...**

Top 20 Topics

**...over 225 Questions
*Answered***

By Susan Gast
Easy Food Dehydrating

**“INSTANT PREVIEW”
shortened version**

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Introduction

Since December of 2010, Easy Food Dehydrating has been helping the world succeed in the area of Food Dehydrating. Their intention was to help people have food supplies all year 'round – after harvesting their fresh fruits and veggies – or simply purchasing fruits and vegetables from their local grocery store. The premise was “buy food at today’s prices before inflation really takes a hold on your family budget.”

With all the turmoil around the world, it makes sense to “get prepared” and have some food stored in your home – should we experience an EMP (Electro-Magnetic Pulse aka solar flare), or god-forbid, a terrorist attack (again).

Our hope is that your question – or a variation of it – is more than likely listed here and has been answered to the best of our ability.

Much more information can be obtained about food dehydrating over at our site: <https://www.easy-food-dehydrating.com/>

Check it out today!

Disclaimer

The information in this book is purely the opinion of the author and is from my own observations and experiences of dehydrating food. Any errors or omissions are what they are and are not the fault of the Author or the Publisher.

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Let the Countdown Begin!

Instead of starting “at the top” of the heap, we’re starting at the bottom and doing a “count down” – in reverse!

This way, instead of just seeking a “most asked question” you may find an answer to a question that you may not have even thought to ask – *i.e. one that wasn’t one of the mainstream questions!*

I have kept many of the people’s first names in their questions – *I like the personal touch!*

I know some answers may appear repetitive but the question may have differed slightly and still deserved an answer.

Topic #20 - Eggs



Can You Dehydrate Eggs?

Yes Mariana, you can dehydrate eggs, and I believe you can do this safely at home by scrambling the eggs first (don't add anything to them), heat gently until cooked through, then dehydrate the eggs. Of course, an easier way is to simply buy dehydrated eggs! Recommended site to buy dehydrated eggs: [Honeyville Farms](#)



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Topic #19 – Mylar Bags



Sharon in NSW, Australia asks: I bought Mylar Bags size 11.75 inch x 13.5 inch or: 30cm x 34.5cm. Would the 300cc Oxygen Absorbers be suitable to use for this size?

Hi Sharon! Thanks for writing in, all the way from Australia :-) Yes, your 300cc oxypacks are just fine for the size of [Mylar](#) bags you have bought. The 100cc oxypacks are for the small(er) food-vacuum sealer bags that actually hold the food. The big 2000cc oxypacks are for the buckets and air-tight bins.



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Topic #18 – Conditioning Food



This just in from Nancy: I dehydrated a load of Italian summer squash - but didn't steam first - I left it in the unit about 16 hours and it is still a bit pliable. Do I need to dehydrate longer, or is this b/c I didn't steam?

Hi Nancy - Try conditioning your summer squash first before dehydrating it some more. If it still feels sticky at all, put it back on the dehydrator for a few hours tomorrow. I honestly can't say one way or the other if the lack of steaming has something to do with this. Let us know how the conditioning turned out.



AND MORE!

Topic #17 - Herbs



From Diane: Thank you for this excellent source of educational material. Can you do a variety of vegetables and herbs at one time? My concern would be blending of flavors especially with herbs.

Hi Diane! To answer your question as best I can: I'd have to say "no" to dehydrating a variety - especially herbs AND other vegetables, and the reason I'm saying "no" is that herbs take a VERY long time to dry out. Also, different vegetables also have varying drying-time lengths.

However, if you want to have Rosemary-flavored potatoes, why NOT have both items dehydrating? Simply take out the potatoes when they're done, and replace them with a new batch, while the Rosemary continues drying! If you try that, please let us know how it turned out for you!



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Topic #16 – Pet Food



potterygirl1 asks this about our Chicken Chow dog food: How long will it be able to be stored if you dehydrate the food as it has meat in it?

Hi! This doggie food has meat in it, so you know that it's the fat in meat that goes rancid; dehydrators don't remove the fat, so I wouldn't want to keep packets of this hanging around for more than six to eight weeks. If you live in a cold(ish) climate, you could probably get away with eight weeks. Down in FL, maybe a month. Having said that, you can refrigerate your dehydrated packets of doggie food and you'll be good to go for three months. Good luck and thanks for writing in!



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Topic #15 – Plastic Wrap and Parchment Paper



Rhiannon in N. Colorado wanted to say this about using plastic wrap while making fruit rolls: I haven't tried this myself, but maybe have the plastic wrap in large enough pieces so it overlaps each tray and is pinned down when the trays are stacked?

Thanks for posting Rhiannon! I need to make sure that you all know that you MUST NOT cover the center hole (in a Nesco) with cling wrap otherwise the AIR can't/won't be able to circulate! So, yes, you could cover the whole tray, tuck it over the sides, then stack it - - AND THEN cut out the center hole!!! To be honest, the fruit roll sheets are NOT overly expensive, about six bucks for two! Go to the [Nesco dehydrator](#) page on the website and you'll see the Amazon.com ads and the fruit roll sheets.



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Topic #14 – Storing Wheat, Flour – Dry Goods



Can you store wheat?

You can store milled flour for five years - just follow our basic steps: vacuum bag it with a 100cc oxy-pack tucked in it and then Mylar bag it with a 300cc oxy-pack in the Mylar bag, and then put the Mylar bags away in airtight buckets or bins.



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Topic #13 – Blanching Food



Jean laments: I had a hard time with my dehydrated celery. No matter how long I cooked it, it was... odd. Same with my dehydrated green beans. I did the beans fresh. Should I have blanched them first?

Hi there, Jean! Yes, to the blanching for fresh beans... Regarding the celery, patience is the key, as with all veg/fruit being re-hydrated! The cooking of the veggies also will make them feel/taste 'more like the veg. in their original state'. Don't give up, and bear in mind, my efforts of dehydrating food is for long-term food storage, in the event of world-wide food shortages or other catastrophes, so to have 'some food' is better than having 'no food'. I hope you agree. Cheers, Susan :-)



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Topic #12 – Lemon Juice as Ascorbic Acid



I work during the day. Can I prepare veggies/fruit in the evening, store them in containers in the fridge overnight, and then put them on the dehydrator before I leave for work in the morning?

Fantastic question and the answer is YES! But remember, certain fruits and veggies need spraying with lemon juice, so do that before you put the lid on the container! See Dehydrating Fruit and Dehydrating Veggies for which ones need the juice.



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Topic #11 – Snack Food



Anastacia wrote in to ask: What are the best veggies to dehydrate as snacks? I would like to take some to work in my lunch to have as snacks (like dried apples and dried bananas). What other fruits would be great as snacks, too? These must be good to eat dried without requiring rehydration. Thanks!

Thanks for writing in! First of all, "good for you!" for eating such healthy snacks ... wish more people would understand the value of fresh fruits and vegetables, with dehydrated veggies and fruit snacks a 'close second'.

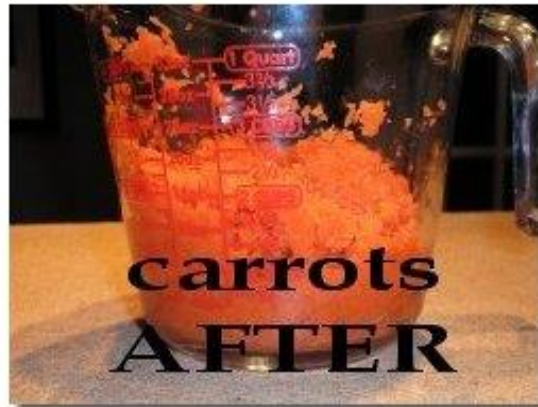
Here's some obvious fruits: apples and bananas as you mentioned, along with plums (which turn to prunes), grapes (which turn to raisins), and apricots, pineapples, and berries. Some veggie ideas: blanch carrots, potatoes, zucchini, and sweet potatoes - these vegetables dehydrated make great snack chips!



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Topic #10 – Re-Hydrating Food



Can You Rehydrate Fruit at all?

Curtis wrote in to ask if you can rehydrate fruit. Yes, you can, such as apples for apple pies. For the most part, we tend to eat dehydrated fruit as snacks, e.g. raisins, prunes, and apricots.



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Topic #9 – Pre-Made Food Storage and Dehydrating Questions



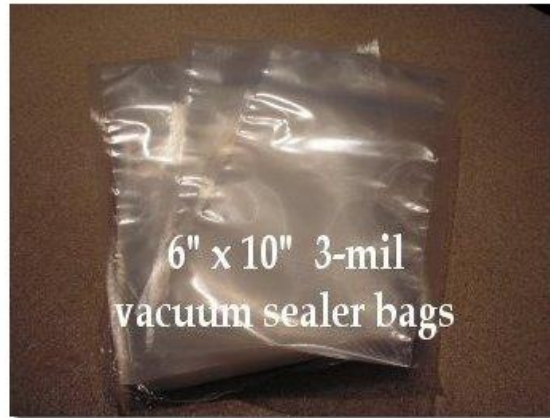
Can you use pre-made mixes for long term storage if I put it in individual jars with oxy absorbers? The spice mix that comes with prepackaged mixes like the boxed dinners or potatoes, should it be opened and poured in jar or left in its original package?

Any foods that are already packaged and have printed 'use-by' dates on them don't need vacuum sealing with an oxy-pack, and their expiration dates are what I'd follow. Certain pre-packaged food mixes may already have chemicals in them to act as preservatives, so I personally would not open up packets to save in jars.

Having said that, I have opened up bags of sugar, salt, and flour and have vacuum packed those with an oxy-pack thrown in... these items I chose to vacuum pack to keep any rain water away, as I live in Florida and have been through a few (read: wet!) hurricanes!

AND MORE!

Topic #8 – Vacuum Sealers and Bags



Can you re-use the Ziploc bags after conditioning, as they're pretty expensive to use just the one time?

I have been reusing my bags for that very same reason - it's wrong to throw them away just after one use! However, having said that, I DO toss them if they have any sticky residue in them at all from previous fruits or veggies. *I would NEVER re-use a bag that had meat in it previously.*



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Topic #7 – How Long Will It Last?



If I store the dehydrated food exactly as you instructed... in plastic bins in my garage... how long will it last?

When dehydrated foods are vacuum-packed in quality bags with oxygen absorbers, Mylar bags, and airtight bins, you're good to go for years! The key is keeping light and moisture (and rodents!) away. Use opaque bins to help keep light out. Make sure to check your bags for any that may have punctured (a quick feel for any squishy bags is a giveaway, as all bags when vacuumed and sealed properly feel pretty hard) and remember to write the date on the food bags and rotate your stock!



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Topic #6 – Dehydrating Meat



Pamela asks: We have a dehydrator but have only used it for veggies from the garden. Is it a possibility for drying chicken and beef? Primarily I want to make treats for my dogs, as most treats in stores these days are not made in the USA.

Yes Pamela, try dehydrating thinly sliced COOKED meats. See this link:

[CHICKEN, ROAST BEEF, and TURKEY.](#)



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Topic #5 – Oxypacks aka Oxygen Absorbers



What size oxygen packs to use for dehydrated food?

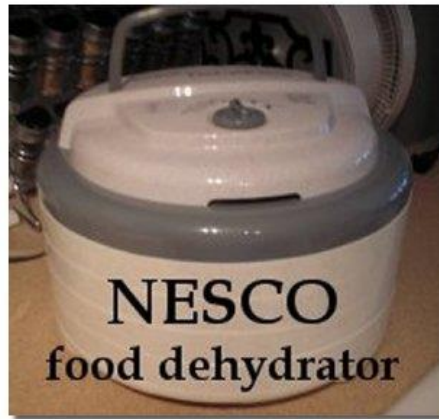
The reason for different sizes depends upon what size container your dehydrated foods are placed in. They are readily available in different sizes: 100cc, 300cc, and up. Click [oxygen packs](#) for more info.



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Topic #4 – Dehydrator Questions Temperature – Brands - Accessories



What are the sheets for that go on the dehydrator trays?

There are two kinds of dehydrator sheets:

- 1) Solid plastic dehydrator sheets (to keep liquids from dripping down to lower trays). They are for runny foods such as apple sauce or our fruit roll mixes. The mesh is too open for this.
- 2) Criss-cross plastic dehydrator sheets (needed for ventilation) to keep sticky foods from sticking to the tray itself, for easier clean-up - also to keep smaller foods (like celery when it dries) from falling through to lower trays.



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Topic #3 – Dehydrating Fruit



Can you Dehydrate Pumpkin?

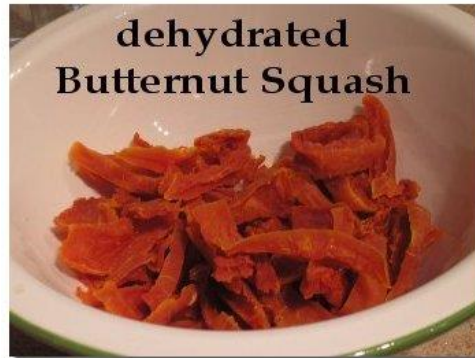
Pumpkin can indeed be dehydrated; simply follow the same instructions we use for dehydrating butternut squash.



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Topic #2 – Dehydrating Vegetables



Can you Dehydrate Brussels Sprouts?

Yes! Even though I do not have Brussels sprouts listed on this site, you can treat these 'miniature cabbages' (as I like to think of them!) like fresh Broccoli. Cut the Brussels sprouts in half and follow the instructions on [this page](#) for cabbage. Just for this "Instant Preview," here's the page for [Brussels sprouts!](#)



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Topic #1 – Why Do All This?



So, you may be asking yourself, "Why dehydrate food?" – as there seems to be plenty of food on the grocery store shelves, at least the last time I checked there was.

The only time in my life that I've witnessed empty shelves in the grocery stores is when the threat of a hurricane is announced. But for others living outside of Florida and other hurricane-prone states, it pays to be prepared and have some food stashed away.

Save Cash by Dehydrating Foods

A great way to save cash is by [dehydrating fruit](#) and [vegetables](#). Fact: you do not have to store the fresh foods in the refrigerator for days and weeks at a time. When the foods have been dehydrated they can last for years without electricity – and that's a great energy savings right there.

It's Easy to Dehydrate Foods for Storage

It is very easy to set up for dehydrating foods at home. Simply check out dehydrator reviews online and choose which dehydrator suits your home situation best. I highly recommend either a Nesco or an Excalibur (I have one of each). If you are a large family, you may choose a dehydrator with the capacity to have nine trays dehydrating all at once.

For just the two of you, maybe a simple four- or five-tray dehydrator would be sufficient.

There are many brands of dehydrators – some have stackable trays and some have trays that pull-out like a chest of drawers. I have not found one to be better than the other but I have found unique purposes for each. The pull-out trays can allow the dehydrator

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to be used for proofing bread dough by simply leaving the bottom tray in and omitting the trays that would be above it.

Stack-able Benefits

The benefits of the stack-able dehydrator are if you only need to use four trays versus six, you can do that without the nagging thought of the wasted space using up expensive electricity!

The next step is to purchase a vacuum sealer machine. Its purpose is twofold:

- 1) to draw the air out of the bag
- 2) to seal the vacuumed bag

You could call it a day right there or go one step further and protect your dehydrated packages by placing them into [Mylar](#) bags – that shiny un-tearable material – that keeps out light, moisture, air, and yes, bugs - depending on where you intend to store them, i.e. the garage, for instance. The Mylar bags are also sealed but there is no need to vacuum them. Simply use a sharpie pen to write the contents on the bag! And date it!

Space Savings Too

A different kind of savings can be achieved and that is in the way of space saving! Eight whole bunches of celery can be stored in one quart Mason jar! *Can you believe that?* And it takes no electricity - great energy savings! - and no fridge space to store it!

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