

Fruit	Preparation	Pre-treatment	Test for dryness
Apples	Wash well. Pare, if desired, and core. Cut in rings or slices 1/8 to 1/4 inch thick or cut in quarters or eighths.	Dip in ascorbic acid or other anti-darkening/antimicrobial solution for 10 minutes.	Dry until soft, pliable, and leathery; no moist area in center when cut.
Apricots	Select firm, fully ripe fruit. Cut in half and remove pit. Do not peel	Dip in ascorbic acid or other anti-darkening/antimicrobial solution for 10 minutes.	Dry until soft, pliable, and leathery; no moist area in center when cut.
Bananas	Select firm, ripe fruit. Peel. Cut in 1/8 inch slices	Dip in ascorbic acid or other solution for 10 minutes.	Dry until tough and leathery.
Berries	Select firm ripe fruit. Wash well. Leave whole or cut in half.	Dip in boiling water 30 seconds to crack skins or dip in ascorbic acid or other antimicrobial solution for 10 minutes.	Dry until hard and berries rattle when shaken on trays.
Cherries	Dry until hard and berries rattle when shaken on trays.	Dip whole cherries in boiling water 30 seconds to crack skins. May also dip in ascorbic acid or other antimicrobial solution for 10 min.	Dry until tough, leathery, and slightly sticky.
Citrus Peel	Select thick-skinned oranges with no signs of mold or decay. Scrub oranges well with brush under cool running water. Thinly peel outer 1/16 to 1/8 inch of the peel; avoid white bitter part.		Dry at 130°F for 1 to 2 hours; then at 120°F until crisp.
Figs	Select fully ripe fruit. Peel dark skinned varieties if desired. Leave whole if small or partly dried on tree; cut large figs in halves or slices	If drying whole figs, crack skins by dipping in boiling water for 30 seconds. For cut figs, dip in ascorbic acid or other antimicrobial solution for 10 minutes.	Dry until leathery and pliable.
Grapes, black currants	Select seedless varieties. Wash, sort, remove stems. Cut in half or leave whole.	If drying whole, crack skins by dipping in boiling water for 30 seconds.	Dry until pliable and leathery with no moist center.
Melons	Select mature, firm fruits that are heavy for their size; cantaloupe dries better than watermelon. Remove outer skin, any fibrous tissue and seeds. Cut into 1/4- to 1/2-inch thick slices.		Dry until leathery and pliable with no pockets of moisture.
Peaches	Select ripe, firm fruit. Cut in half and remove pit. Cut in quarters or slices if desired.	Dip in ascorbic acid or other antimicrobial solution for 10 minutes. Arrange in single layer on trays pit side up. Turn halves over when visible juice disappears.	Dry until leathery and somewhat pliable.
Pears	Select ripe, trim fruit. Bartlett variety is recommended. Pare, if desired. Cut in half lengthwise and core. Cut in quarters or eighths or slice 1/8- to 1/4-inch thick.	Dip in ascorbic acid or other anti-darkening/antimicrobial solution for 10 minutes. Arrange in single layer on trays pit side up.	Dry until springy and suede-like with no pockets of moisture.
Plums	Leave whole if small; cut large fruit into halves (pit removed) or slices.	If cut in half, dip in ascorbic acid or other antimicrobial solution for 10 minutes. Arrange in single layer on trays pit side up, cavity popped out.	Dry until pliable and leathery; pit should not slip when squeezed if prune not cut.

Vegetable	Preparation	Blanching time (minutes)	Dry Time	Dryness Test
Asparagus	Wash thoroughly. Halve large tips	4-5	6-10	Leathery to brittle
Beans, green	Wash. Cut in pieces or strips	4	8-14	Very dry, brittle
Beets	Cook as usual. Cool, peel. Cut into shoestring	None	10-12	Brittle, dark red
Broccoli	Wash. Trim, cut as for serving. Quarter stalks lengthwise.	4	12-15	Crisp, brittle
Brussels sprouts	Wash. Cut in half lengthwise through stem	5-6	12-18	Tough to brittle
Cabbage	Wash. Remove outer leaves, quarter and core. Cut into strips.	4	10-12	Crisp, brittle
Carrots, parsnips	Use only crisp, tender vegetables. Wash. Cut off roots and tops; peel. Cut in slices or strips 1/8" thick	4	6-10	Tough to brittle
Cauliflower	Wash. Trim, cut into small pieces.	4-5	12-15	Tough to brittle
Celery	Trim stalks. Wash stalks and leaves thoroughly. Dice stalks.	4	10-16	Very brittle
Chili peppers	Wash and remove stem and seeds. Dice or cut in half if making powder. (Wear gloves!) When dry, put into blender or coffee mill to make powder.	None	12-16	Crisp, brittle
Corn, cut	Husk, trim. Wash well. Blanch until milk in corn is set. Cut kernels from the cob.	4-6	6-10	Crisp, brittle
Eggplant	Wash, trim, cut into 1/4" slices.	4	12-14	Leathery to brittle
Horseradish	Wash, remove small rootlets and stubs. Peel or scrape roots. Grate	None	6-10	Brittle, powdery
Mushrooms*	Scrub. Discard tough, woody stalks. Peel large mushrooms, slice. Leave small mushrooms whole. Dip in solution of 1 tsp. citric acid/quart water 10 minutes. Drain. Slice tender stalks 1/4" thick.	None	8-12	Dry and leathery
Okra	Wash thoroughly. Cut into 1/2" pieces or split lengthwise	4	8-10	Tough, brittle
Onions	Wash, remove outer paper skin. Remove root ends, and tops. Dice.	none	6-10	Very brittle
Peas	Shell and wash	4	8-10	Hard, wrinkled,
Potatoes	Wash, peel. Cut into 1/4" shoestring strips or 1/8" thick slices	7	6-10	Brittle
Spinach; greens like Kale, Chard, mustard	Trim and wash very thoroughly. Shake or pat dry to remove excess moisture.	None	6-10	Crisp
Squash, summer	Wash, trim, cut into 1/4" slices	None	10-16	Leathery to brittle
Squash, winter	Peel, cut in half and remove seeds and cavity pulp. Cut into cubes, 1/2"-1".	4	10-16	Tough to brittle
Tomatoes	Peel. (Optional) To peel dip in boiling water for a minute or two to loosen skins. Chill in cold water and peel. Slice 1/2" thick or cut in 3/4" sections	None	6-24	Crisp

***WARNING:** The toxins of poisonous varieties of mushrooms are **not** destroyed by drying or by cooking. Only an expert can differentiate between poisonous and edible varieties.