



FOOD PRESERVATION

Drying

Project Overview

This is the second project in the home preservation series and is recommend for 8-18 years old. Explore MyPlate and food safety in addition to learning about dehydrating foods.

Key Learning Topics

- Safely dry foods and maintain quality.
- Use foods you dried in healthy recipes.
- Show others how to preserve foods by drying
- Drying food basics & methods for drying food.
- Dry and condition fruits after pretreating fresh fruits for quality and safety.
- Packaging and storing your dried products.
- How to use your dried foods in recipes.

Expanding the Project

- Volunteer your time to help the elderly in your area with food preservation.
- Make one of the recipes such as Trail Mix, Granola, Fruit Cobbler or Peanut Butter Spread for your club meeting refreshments.
- Give a presentation or illustrated talk at a club meeting.
- Assist younger 4-H members with this project.
- Encourage other 4-H members to enroll in this project.

Resources

- Freezing Project Book- N-2014
- Drying Project Book – 100.E-12
- Foods Record Sheet 300.A-20 (R18)



Exhibit Guidelines

- Poster: Two (2) samples of different dried fruits
 - Each sample should contain approximately $\frac{1}{4}$ cup of dried fruit.
- Two (2) samples of different fruit or fruit/vegetable leathers are attached.
 - Each sample should contain a strip or square of fruit leather approximately 16 square inches (4"x4") or (2"x8").
- Two (2) samples of different dried vegetables are attached.
 - Each sample should contain approximately $\frac{1}{4}$ cup of dried vegetables.
- Two (2) samples of different dried herbs are attached.
 - Each sample should contain approximately $\frac{1}{4}$ cup of dried herbs (leaves only, no stems, whole, chopped or crumbled.)

- Note: Samples should be
 - Stored in a small zip-loc bag (for display purposes only)
 - Labeled with drying method used and date preserved.

Targeting Life Skills:

- Self-discipline
- Concern for Others
- Healthy Lifestyle Choices
- Wise use of Resources
- Critical thinking
- Problem solving
- Decision Making
- Self-esteem

