



4-H Food Preservation: Drying Project – Greentop

400. E-12 (R-18)



Project Objectives:

- To learn how to safely dry foods to maintain top quality.
- To learn how to use foods you dried in healthy recipes.
- To show others how to preserve foods by drying

4-H members will learn:

- Drying food basics.
- Methods for drying food.
- How to dry and condition fruits after pretreating fresh fruits for quality and safety.
- How to make fruit leather.
- How to dry vegetables.
- How to dry herbs.
- Packaging and storing your dried products.
- How to use your dried foods in recipes such as Trail Mix, Berry Cobbler, Peanut Butter & Fruit Spread, Granola and Vegetable Soup.

To complete this project:

- Review the 4-H Food Preservation Drying Project Manual and the Greentop to become familiar with the project.
- Successfully complete the drying of fruit, fruit leather, vegetables and herbs, as listed in the project record book.
- Prepare and give a demonstration or illustrated talk at club meetings or 4-H contests.
- Participate in the county and state fairs by entering at least one project as listed in the fair book.

Resources:

- Drying Project Book – 100.E-12
- Foods Record Sheet 300.A-20 (R-18)

Citizenship and Leadership Activities:

- 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.



Moyers,2014