



Sun Dried Tomato Recipe

Ingredients

- 5 lbs ripe Roma or plum tomatoes
- 2 tbsp sea salt
- 1 tbsp dried oregano (optional)
- 1 tbsp olive oil (for storing)

Method

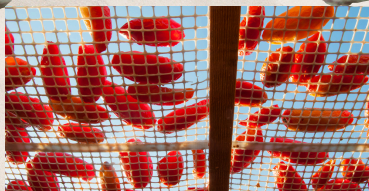
1. Prepare the Tomatoes: Wash and halve the tomatoes lengthwise. Remove the seeds if desired for a cleaner, drier result. Pat dry with a clean towel.
2. Season the Tomatoes: Lay the tomato halves on a drying rack or parchment-lined baking sheet, cut side up. Sprinkle with sea salt and optional oregano for added flavor.
3. Drying Options:
 - Sun-Drying: Place tomatoes in direct sunlight on a clean screen or drying rack. Cover with mesh to keep bugs away. Dry for 2-4 days, flipping occasionally, until leathery but pliable.
 - Oven-Drying: Preheat the oven to 170°F (or the lowest setting). Place tomatoes on a baking sheet and dry for 6-10 hours, flipping halfway through.





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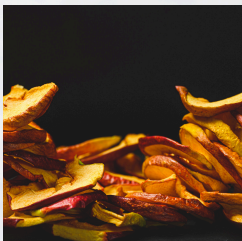
Method



4. Dehydrator: Set the dehydrator to 135°F and dry tomatoes for 8-12 hours.
5. Storing: For short-term storage, place dried tomatoes in an airtight container. For long-term storage, pack in sterilized jars and cover with olive oil. Seal and refrigerate for up to 6 months.

Benefits of Drying:

Drying concentrates the flavor of tomatoes, preserving their nutrients and extending their shelf life without refrigeration. They're rich in lycopene and perfect for soups, salads, and pasta dishes.



Apple Chips

What You Need

- 6 medium apples (Fuji, Honeycrisp, or Gala work best)
- 2 tbsp lemon juice
- 1 tsp ground cinnamon (optional)

How To Cook

- 1** Prepare the Apples: Wash apples and core them (peeling is optional). Slice apples into uniform 1/8-inch-thick rings for even drying.
- 2** Prevent Browning: Toss apple slices with lemon juice to preserve color and enhance flavor.
- 3** Season (Optional): Sprinkle with cinnamon for a spiced treat.

Drying Options:

- **Oven-Drying:** Preheat the oven to 170°F (or the lowest setting). Place apple slices on parchment-lined baking sheets, ensuring they don't overlap. Bake for 1-2 hours, flipping halfway through.
- **Dehydrator:** Set the dehydrator to 135°F and dry apple slices for 8-12 hours, depending on thickness and humidity.
- **Storing:** Store dried apple chips in an airtight container or sterilized jar. Keep in a cool, dark place for up to 6 months.

Benefits of Drying:

Apple chips retain the fiber and antioxidants of fresh apples while offering a lightweight, shelf-stable snack. They're perfect for hiking, school lunches, or baking.

Herbal Teas

Ingredients:

Fresh herbs of choice
(e.g., mint,
chamomile, lemon
balm, rosemary,
lavender)

Optional: dried citrus
peels, rose hips, or
spices like cinnamon
and ginger

Instructions:

Harvest Herbs: Pick
herbs early in the
morning when their
essential oils are
most concentrated.
Wash gently and pat
dry.



Prepare for Drying: Tie herb stems into small bundles and hang upside down in a warm, dry place with good airflow. Alternatively, spread leaves on a drying rack or parchment-lined baking sheet.

Drying Options:

Air-Drying: Allow herbs to dry naturally for 5-10 days until they crumble easily.

Oven-Drying: Set the oven to the lowest temperature (around 170°F). Place herbs on baking sheets and dry for 1-2 hours, checking frequently.

Dehydrator: Set the dehydrator to 95°F and dry herbs for 4-6 hours.

Crush and Store:

Once fully dried, remove stems and crush leaves gently. Store in sterilized jars or airtight containers away from direct light.

Brewing Tea: Use 1-2 tsp of dried herbs per cup of hot water. Steep for 5-7 minutes and enjoy.

Benefits of Drying:

Drying herbs preserves their flavor, essential oils, and medicinal properties. Herbal teas are a soothing, nutrient-rich way to enjoy the benefits of plants year-round.



BENEFITS OF DRYING AND CANNING

DRYING AND CANNING WORK HAND-IN-HAND AS VERSATILE PRESERVATION METHODS. DRYING REMOVES MOISTURE TO PREVENT SPOILAGE WHILE INTENSIFYING FLAVORS AND NUTRIENTS. CANNING EXTENDS SHELF LIFE EVEN FURTHER, ENSURING FOOD SAFETY AND PROVIDING READY-TO-USE INGREDIENTS. TOGETHER, THEY OFFER A SUSTAINABLE, BUDGET-FRIENDLY WAY TO ENJOY SEASONAL PRODUCE YEAR-ROUND.