

Dehydrating Times for Fruits & Vegetables

Fruit/Veg	Prep	Drying Time	Final Texture
Apples	Peel, core and slice. Soak in pineapple juice 15-45 min. for color preservation.	12 hours	Pliable to Brittle
Apricots	Halve, peel and pit	24 hours	Pliable
Asparagus	Wash, cut off tough ends, break into 1" pieces, blanch 3 minutes	7 hours	Brittle
Bananas	Peel and slice	8 hours	Leathery or crunchy
Beans- Green and Wax	Cut or break into 1" pieces, blanch 3 minutes	10 hours	Brittle
Beans- Lima, Kidney etc	Shell, wash and blanch 3 minutes	12 hours	Hard. Should break if hit with hammer
Beets	Wash, trim tops leaving 4 inches. Steam 45 minutes; cool, peel and slice	10 hours	Leathery
Blueberries	Wash, blanch 30 seconds and drain	13 hours	Pliable
Broccoli	Trim, soak in salt water to remove bugs and worms. Rinse, and blanch 3 minutes.	13 hours	Brittle
Brussels Sprouts	Remove outer leaves and cut in half.	13 hours	Brittle
Carrots	Wash, peel, trim, slice and blanch 2 minutes.	10 hours	Leathery
Cauliflower	Soak in salt water, rinse, slice through stem and blanch 2 minutes.	10 hours	Tough-Brittle
Celery	Wash, trim, and slice.	6 hours	Brittle
Cherries	Wash and pit.	17 hours	Leathery
Citrus Peel	Choose organic fruit, was well and peel off the very top layer.	6 hours	Crisp
Corn	Remove shuck and silk, steam 9 minutes and cut from cob.	9 hours	Brittle
Cucumber	Peel, wash and slice into 1/8" pieces.	7 hours	Leathery
Eggplant	Wash, peel and slice.	7 hours	Leathery
Grapes	Wash, remove from stems, blanch 1 minute and drain.	26 hours	Wrinkled and pliable.
Greens- Spinach, Kale, Chard	Wash and trim from stems.	6 hours	Crumbly
Herbs	Prepare the same as greens.	6 hours	Crumbly
Kiwi	Peel and slice.	16 hours	Leathery
Mushrooms	Rinse, cut off woody stems and slice.	6 hours	Crisp
Nectarines	Peel, pit and slice.	31 hours	Pliable
Okra	Wash, trim and slice.	13 hours	Pliable
Onions	Peel off paper shell, remove ends and slice.	7 hours	Crisp
Peaches	Peel, pit and slice.	13 hours	Pliable
Pears	Peel, core and slice	30 hours	Pliable
Peas	Wash, shell and blanch 1 minute.	7 hours	Hard

Fruit/Veg	Prep	Drying	
		Time	Final Texture
Papaya	Wash, thinly peel, remove seeds and slice.	12 hours	Pliable
Parsnips & Turnips	Wash, peel, trim and slice.	10 hours	Brittle
Pineapple	Peel, core and slice.	15 hours	Pliable
Peppers, Bell	Remove stems, seeds and white sections, slice.	7 hours	Leathery
Peppers, Hot	Wash, trim and slice.	7 hours	Brittle
Plums	Cut in half, pit and pop the backsides in.	27 hours	Pliable
Potatoes, Regular and Sweet	Wash, peel, slice and blanch 4 minutes.	10 hours	Brittle
Raspberries and Blackberries	Wash, place topside down on tray.	15 hours	Light and crunchy
Strawberries	Wash, remove stem and slice.	12 hours	Light and crunchy
Tomatoes, High acid	Wash, dip in boiling water just until skins split, then remove skins and slice.	8 hours	Leathery
Zucchini	Choose young fruit, wash and slice.	10 hours	Brittle

Note: Fruits are dehydrated at 135, vegetables are dehydrated at 125. Two exceptions are onions and tomatoes which should be dried at 155.

All slicing should be done at $\frac{3}{8}$ " to $\frac{1}{4}$ " thick unless otherwise noted.