



# Food Dehydration Options

J U i Y5 XXXXHWBjW B chY

..8 YnXFUjcb| ZcXgFYi WgihYa c|gh fY|b h Ya Ic Y YghUj|b\|Vh|h Ya |McVU| fck h hUhW ggh Ya Ic fch DFY  
 hYUj|b| gra YZcXgVZfYXn|b| dfYgfj Ygh Yf Uj cfZw'cfZUbXbi h|Yblg'dfY Yb|ga |McVU Vb|H|a |bUjcb/UbXdFc|cb| g'h Yf'  
 g'YZ'Z' 8 YnXFUjcb fYi Wg'k Y| |H U'ja dcfHbhVb|gXfUjcb'k \b'g|dd|b|I UbxY|a |bUhg'h YbYXZf'fYZ| |fUjcbz'  
 a U|b| |hYUj|b| f'c'fY|a |l fYU|'dfcX Wg'' H|g'di V|Wjcb ZWg'g'cb Wa a YfVU!gWYZcXXYnXFUjcb UbxYei |da Yb|' -hUg'  
 ci h|bYg'g'f'f'YnXFUjcbzU'ck !Wgha YhcXZf'g'a Yg' U'!gWYcdYfUjcbg'

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 August 2004  
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## Introduction

8 YnXFUjcb |g'Ub' |bhfa YX|UY gh'd' |b'li fb|b|  
 fUk U f|W'hi fU' dFcXi Wg' |b|c' fYU|' dFcXi Wg''  
 8 YnXFUjcb a U Yg' h YWbj Yb|cbU' ZcX'UbX'  
 d\Ufa UWi h|W' |bXi gf|Yg' d'cg|VYI Ubx' dFcZ  
 |hU'Y'' G|bW' Uf| YZcX' dFcWg'g'f'g' Y|h Yf' \ U Y  
 h Yf' ck b' Xfn|b| 'ZU| |hYg'cf' fa cfY' | YnL' |fY  
 g|fYU|hniXnXFUjcb Ufa gzh fY|g' |hYcddef

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I ZYXi Ic dFcXi WUdck Xf h UhWb VVWa YcbY  
 |b| fYX|Ybh|b Ub YbX dFcXi W

6UW' Xfnf'g' UfY Ub' c' XYf' hWbc' c| mi gYX' |b'  
 ga U' dFcXi W|cb' fi bg'cf' Zc'f' h Yf' UY |V| |hni' 5'  
 Wa a YfVU!gWYVUW' Xfnf' a UniU' YZca' ))  
 g' "Zi' c' ZU' ccf' gdUW' fZ' fVX' Wbj YW|cbz' h fci [ \!  
 Uck Lhc' (&) 'ge' "Zi' fZ' fVX' Wbj YW|cbz' Wc' g' Uf!  
 Uck E' H' Yg' \ Uj YVYb' fYd' UWX' VniU' |X|nYX' VXX'  
 VUW' Xfnf' g' Zg' dYU' mZ' f' d' Ufa UWi h|W' dFcX'  
 i Wg'' 5' U' |X|nYX' VXX' Xfnf' \_ Ydg' h Y a Uhf|U'

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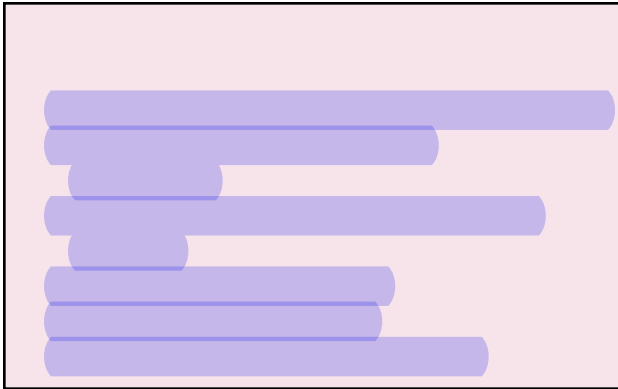
Zca ghW]b[ hfc[ \ci hYw`b[ UbXVU [ ]b[  
cdYU]cb""5 [ [ fY U]cb'cZh YdU]Wg]g'cZb  
i gX'c' dfcXi WĪ ]bg]Ublĭ 'dck XYfg"

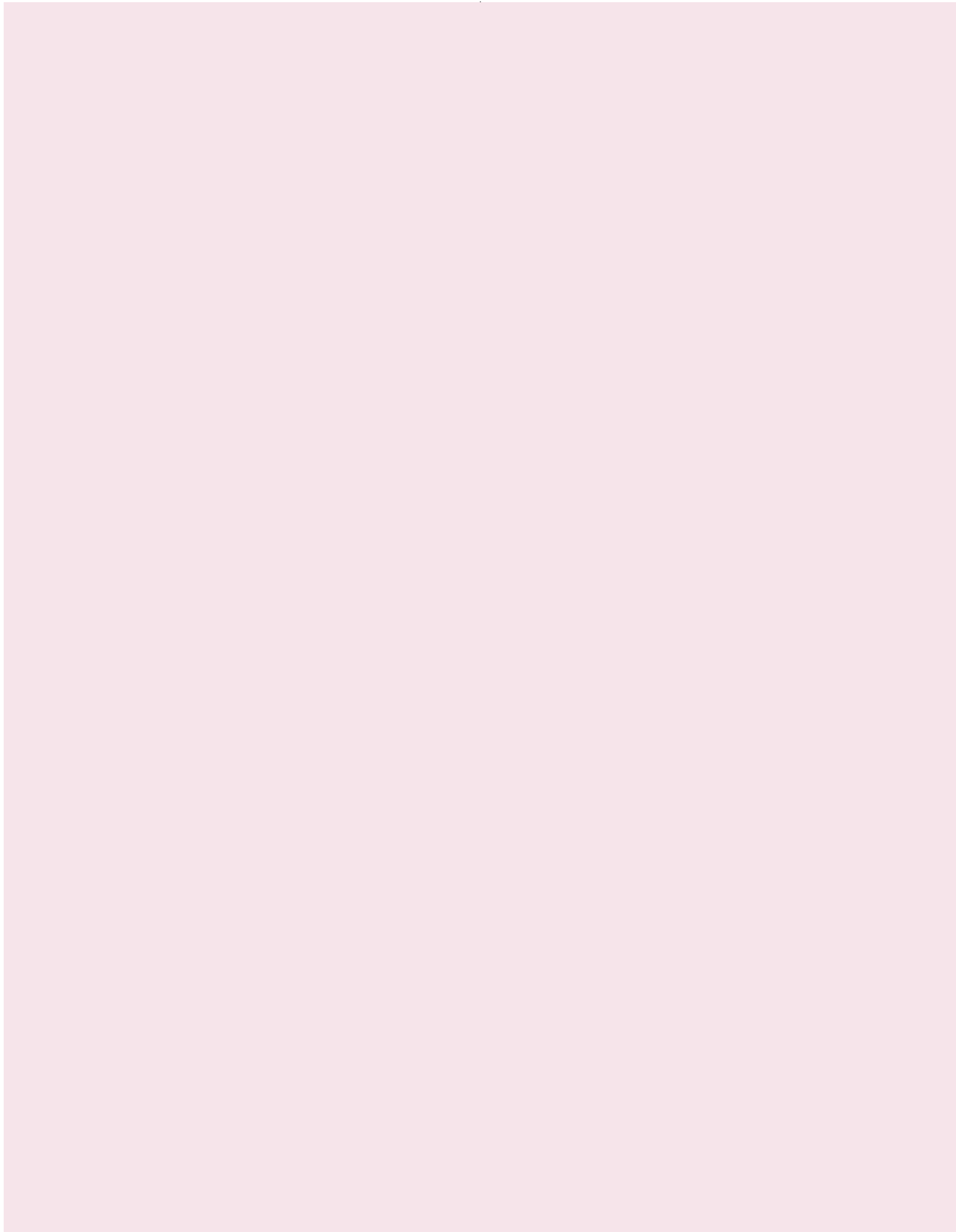
7cb]bi ci gXfmfg'UY [ ccX'Zcf'Xfm]b [ ``]ei ]Xg'  
cf``]ei ]X'g' g]Ybg]cbg""5 'Wa a cb'hdY ]g'hY  
Xfi a 'cfĪ Xci VYXfi a Ī Xfmfž\ YUXXVrighUa ""  
5'hci [ \ Wbl]bi ci gXfm]b [ 'cZYa dYUi fY]yb!  
ghj Ya UY]U' ]b'UdU]U'j UWi a 'lg'Ub'cd]cbž  
& R Q W L Q X Ñ T W , @ U € W , , @ ... W L D X Y `

x D X X P À @ € R L D X Y ` x D X P ð À G U X P R U P

Note: Current freeze-drying technologies are

Xf]YX Zi ]hg Wb' dfcj ]XYU\UbXgca YfYi fb' Ug'  
]b[ fYX]Yblg]bžUhzl ; ccXA cfb]b[ : Ufa Ń[ ci f!





: cfli bUymZcf`a UbmUhmfbUj YZfa YfgzhY  
 [ ci fa YhZcXgUbXcf[ Ub]WzcXgWm[ cf]YgUFY  
 Wbj Yf[ ]b[ " `A UmicZh.Y dfcXi Vg`XYgW|VYX`  
 Ucj YWb`VYWbg|XYFXÎbUi fU`[ ci fa Yhî "

ÎGdYUhmcf[ Ub]Wj`UFYÎdfcXi Vg`hUh\U YU  
 i b]ei Yei U]mždcgg|VmlfYbX`Xfj Ybžk \]W`  
 a U`YghYa `a cfYj Ui UYUbXU`ck gUbUXXY`  
 df]Wdc]bhî flE`8i f]b[ `hYdUgi(SmYUgž[ ci f!

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## Resources

### On-line Extension bulletins

#### Drying vegetables and fruits at home

k k k "Yl HWcgUH'YXi #di Vg#ZcXbi h#di VzcxX" \la `dfYg

#### How to dry foods at home

\hd.##a i Yl Hbgcb'a jgci f]'YXi #Yl d'cfY#\Yg [i ]XY#ZcXbi h# [\%]\*3

#### Drying fruits

\hd.##a g WfYg'Wa #di Vg

#### Drying foods:

Out of doors fl 7G; (-' L

Indoors fl 7G; (- L

\hd.##\Ua a cW]Zgi U'YXi #XcgYUFW\la

BchY': 7G; (-' ]g'hY%- ' I blj YglmcZ

; Ycf[ ]U79G'; - 'di V]W]cb f]gYzcbchY) E'

#### Drying food

k k k "U 'i li WXi #rj ]gU#\la `Sdi Vg#Xfm]b[ # XfnzcxX\la `

fl]fWUf'%%&+L

#### Drying foods at home

k k k "U Wa "di fXi Y'YXi #5 [ 7ca #Di Vg#7: G# 7: G'%\*\la `

fl: G'%\*L

#### Drying foods

[http://www.cahe.nmsu.edu/pubs/\\_e/e-322.html](http://www.cahe.nmsu.edu/pubs/_e/e-322.html)  
(Guide E-322)

#### Post-harvest handling of dehydrated chiles

[www.g6csy.net/chile/index.html](http://www.g6csy.net/chile/index.html)

#### Other

#### Dehydration: A Dry Run for Lean Times

By Joseph Grant

[www.logicsouth.com/~lcoble/jg/dehydra/](http://www.logicsouth.com/~lcoble/jg/dehydra/)

&E : fUbVgž: fYXYf]W>"fX]cf#W/a d] YfL"....  
· &SS" K ]Ym9bWwcdYX]UcZ: ccXGMbW  
· UbXHWbc`c[ m' &X'YX]hcb"" (j c`g">c\b`  
· K ]Ym/ `CcbgžBM"Jc""%d"(, \$!(-, /) (\$!  
· )+, "

' E < i [ \Ygž? Uf`UJ c`a UfzUbX'6UFVfU>"K ]!`  
· `YbVf[ ""%- ("Ei U]lmZcf? Ydgl 8fmb[ `"  
· : ccXg""I blj Yf]hmcZA ]gci f]'9l Hbg]cbž`  
· 7ci a V]U"Di V"; < % \* &"\*d"\hd.##a i Yl`  
· Hbg]cb'a ]gci f]'YXi #Yl d'cfY#\Yg i ]XY#`  
· ZcXbi h# [\%]\* &'la `"

(E 6`U\_Yz6]"""%- "\*"G b'8fmb[ ]b'75""> i bY`  
· '""k k k "gUfYcf[ # hXcVg#\ndYfa U] #`  
· \la `!\ca Y#%!\la `#S(-, "\la `""%d"

) E FYmbc XgžG gUb""%- ' ""'8fmb[ : ccXgCi H`  
· cZ8ccfg" I blj Yf]hmcZ; Ycf[ ]U7ccdYFU`  
· hj Y9l Hbg]cb`Gfj ]W""9l H'Gi `""-, - ""d""`  
· %d' "

\*E GcbYfz7Ufc `fX'L""%++""GcW]b[ I d.``  
· < ck hc`dfYgYf Yh YZcXgnci ' fck žbUhi !`  
· fU"n'FcXUYDfYgž9a a U gžD5""') &d"

+E 7fYUgžFcgU]bX""%- ' ""'8fmb[ Udf]Wgž`  
· Udd YgžbYUf]bYgždYUWYgžUbX'dYfg""H'Y`  
· Cci h k Yg]c f[ Ub]WB Yk gQf][ ]bU`mdi V`  
· ]g'YX]b`Cf[Ub]W UxbYgž9XVYD'Ub]g`  
· š`m'd""+

, E A UnžH'ca Ug; Ufj Ym'&SS%"; ci fa Yž`  
· cf[ Ub]W'a Yf[ ]b[ ]bhc`cbY" H'YB U1`  
· i fU': ccXg'A YFWUbX]gYf""š`m'd""%""

-E DU žg; fU]bg`  
· &(+)!6" (\$h`GfYh`  
· @U fYž=5 ""S%`%`  
· )(%(+\*!' '+'

%E LCHUZfX"#W/a d] YfgL""&SS%" H'ca Ug: ccX`  
· UbX'6Yj YfU YA Uf\_Yh'DUW""' j c`g"; fYm`  
· < ci gYDi V]g]b[ žA ]`Yf]cbžBM"\*SSž`d""

%E L6cfbž< c`m'&SS%"? Yng]hc`G Wgg]b`  
· J Ui Y!5XXX'5 [ f]W'h fY" B 75H#5 Hf'5 ž`  
· : Um]h] ]`Yž5FžUbX'Gci h Yfb`G gU]bUWY`  
· 5 [ f]W'h fYK cf\_]b[ ; fci d""d""%d`&

## Commercial processing/product development

I b|j Yfg|lmcZ5f\_UbgUg  
=bg|hi hY`cZ: ccX`GMbW#9b| ]bYYf]b| ""`&SS%`  
GHf|b| U: ccXDfcWgg|b| `6i g|bYgg" I 5`7ccd!  
YfU|j Y9l h|bg|cbž@|h|YFcWž5 F""`%&d"  
· 7cj YfgdfcX| W|X|f Ycda Yblždf|bV|d`Yg`cZdfYg`  
· Yfj U|cb UbXdfcWgg|b| ž`UY|b| žcdYfU|cb`  
· a Ub| Yá Yblž< 577DžfY|i`U|cbg`Q|f|U|b|b|`  
· lc`5f\_UbgUg`a Uf\_Y|b| g|fU| |YgžUbX`  
· V|g|W|i g|bYgg`W|bg|XfU|cbg" FYUH`X`  
· di V|W|cbg|fYU| U`UY|Ug`Zf`VfcWi fy`  
· `(\$`SS" GybXWY|cf`a cbYmcfXf`lc`7ccdYfU`  
· hj Y9l h|bg|cb Gyfj |Vž6i g|bYgg`C`Z`VžDi V|`  
· W|cb`GUyž`D`C" `6cl` -`%ž@|h|YFcWž5 F`  
· +&&S' "

I b|j Yfg|lmcZA UggUWi gYhg  
k k k "i a UggYXi  
· : |Znt|b|bYdi V|W|cbg|cb Ug|M|g`cZMá a YfU`  
· dfcWgg|b| "" FYUXcb| ]bYcf`Xck b`cUX`

A |gg|gg|dd| GHUYI b|j Yfg|lmi9l h|bg|cb  
GUZ" &SS" `9l d`cf|b| h Ydch|b|U`Zf`bYk`ZcX`  
dfcXi Wg" `|h|d|.##a g| WfYg`W`a #di Vg#d&%+S"



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