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Garden Way's Guide to Food Drying: How to Dehydrate, Store and Use Vegtables, Fruits and Herbs

Phyllis Hobson

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Here's what you will find in it: How to dry all the vegetables and fruits, plus mushrooms, meat, fish, eggs and dairy products, grains, herbs, and even flowers. Three methods for drying foods, your over, the sun, or a dehydrator. How to use these foods. Dozens of recipes. How to make breakfast foods, crackers, croutons, jerky, herb teas, butters, vinegar, fruit and vegatable leathers, dried soup mixtures, snacks for low calorie munching for you and your children. How to judge commercial dehydrators before you buy one. And how to make your own dehydrator. A report with diagrams and instructions on one built, tested, and approved by Garden way.

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