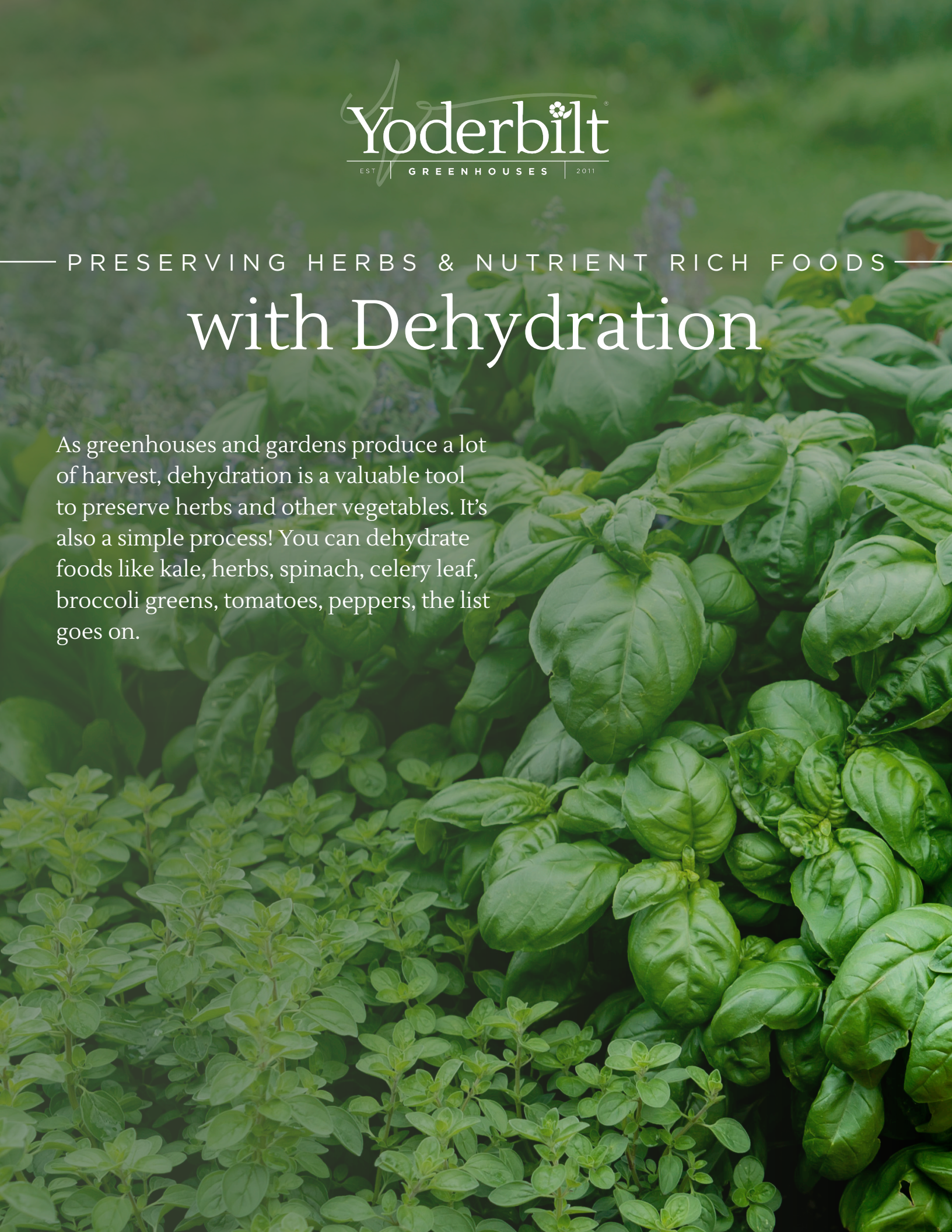
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PRESERVING HERBS & NUTRIENT RICH FOODS

with Dehydration

As greenhouses and gardens produce a lot of harvest, dehydration is a valuable tool to preserve herbs and other vegetables. It's also a simple process! You can dehydrate foods like kale, herbs, spinach, celery leaf, broccoli greens, tomatoes, peppers, the list goes on.



When these foods are dried at temperatures below 110°F, we can retain their raw status while preserving a majority of their valuable nutrients, including vitamins, minerals, and micronutrients. Let's explore the benefits and ways to incorporate these dried powerhouses into your meals, especially during the winter months.

Benefits of Dehydration

Dehydrating foods is an excellent preservation technique for several reasons:

Nutrient Retention

By using low temperatures, we can preserve the majority of the nutrients found in these foods, making them a healthy addition to your meals.

Enhanced Shelf Life

Dehydrated foods have an extended shelf life compared to fresh produce. This allows you to enjoy the flavors and benefits of herbs and greens even during the off-season.

Versatile & Convenient

Dehydrated foods are lightweight, easy to store, and can be rehydrated or used as toppings to boost the nutritional value of various dishes.

Using Dehydrated Powerhouses

Here's how you can incorporate these dried powerhouses into your meals:

Jarred Canned Foods: When preparing meals in the winter using jarred canned foods, simply grab a jar and add a desired amount of dried herbs or greens before serving. The dehydrated ingredients will infuse the dish with added nutrition, flavor, and texture.

Topping Boost: Crumble the dried herbs or greens on top of your meals about 5 minutes before serving and stir them in. This method works well for soups, stews, pasta dishes, roasted vegetables, and more. The added boost of nutrition will enhance the overall taste and appeal of your dishes.

Homemade Seasoning Blends: Grind the dehydrated ingredients into a fine powder using a blender or spice grinder. Create your own customized seasoning blends by combining different herbs and greens. These blends can be used to flavor sauces, marinades, dressings, or as a sprinkle on salads and roasted vegetables.

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Tips for Dehydrating

To ensure successful dehydration, keep these tips in mind:

Temperature Control

Set your dehydrator or oven to a temperature below 110°F (43°C) to maintain the raw status and preserve the nutrients. Check the manufacturer's instructions for specific settings.

Proper Air CIrculation

Ensure good air circulation during the dehydration process to prevent mold or bacterial growth. Arrange the foods in a single layer on dehydrator trays or baking sheets, allowing ample space between each piece.

Optimal Drying Time

The drying time may vary depending on the thickness and moisture content of the foods. Monitor the progress regularly and adjust the drying time as needed until the foods are crispy and fully dehydrated.





Preserving the goodness of herbs and nutrient-rich foods through dehydration is a fantastic way to enhance the nutritional value of your meals year-round. By following the mentioned guidelines and incorporating dried powerhouses into your recipes, you'll be able to enjoy their benefits long after the growing season ends.

Happy dehydrating and preserving!

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