

# Food Preservation

# Tips



## Drying

- Cut foods into  $\frac{1}{4}$ – $\frac{1}{3}$  inch pieces.
- Blanch most vegetables before drying. This kills enzymes that cause flavor and texture changes and helps with rehydration.
- Dry fruits at 145°F until leathery.
- Dry vegetables at 135°F until brittle.
- Dry herbs at 90–100°F.
- Dry meats at 155–160°F.
- For best quality, store dried foods in a cool, dry, dark location.

You can find current and complete home food preservation information from the experts at WSU Extension!

**Questions?** Contact WSU Extension for more information:



Explore food preservation resources by scanning the QR code or visiting the Consumer Food Safety website: [extension.wsu.edu/foodsafety/food-processing](https://extension.wsu.edu/foodsafety/food-processing)

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