



Lewis County

Master Food Preservers

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and Preservation



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BASIC ZUCCHINI CANDY FRUIT

- 10 cups peeled diced zucchini, ½ inch cubes
 - 2 pkgs. Dry unsweetened Kool-Aid
 - 2 - 3 cups water
 - 2 ½ cups sugar
1. Peel zucchini, cut in half, removing seed. Dice into cues
 2. Mix the liquid syrup together in a saucepan.
 3. Add zucchini and bring to a boil and simmer for 25 minutes.
 4. Drain and put on dehydrator trays.
 5. Dry 14 hours at 125°F.
 6. Turn pieces over and dry another 4 hours. This will feel dry and not sticky when done.
 7. Store in jars or other tightly sealed containers.
 8. If you dip in sugar when you turn them, they will be more like “Gumdrops”.

PINEAPPLE CANDY FRUIT

- 10 cups zucchini peeled, seeds removed, and cut into ½ inch squares
- 1 – 48 ounce can unsweetened pineapple juice
- 2 tablespoons pineapple extract
- 2 ½ cups sugar
- ¼ cup lemon juice

Follow steps 1 through 8 above.

BLUEBERRY CANDY FRUIT

- 10 cups zucchini, cut zucchini, about ½ inch cubes
- 1 – 16 ounce can wild blueberries, mashed and drained through cheesecloth
- 1 qt. fresh blueberries (mashed and strained through cheese cloth)
- 1 cup water
- 2 cups sugar
- ½ cup lemon juice (optional)

Follow steps 1 through 8 above.

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MAKE FRUIT LEATHER: Drain and mash, or blend fruit and spread on drying sheets and dry them.

YOGURT DROPS

- 1 – 8 oz. container of vanilla yogurt
 - 1 package of sugar free Jell-O (lemon, lime, raspberry all work well).
1. Mix Jell-O powder and yogurt together
 2. Spray fruit leather liners with Pam
 3. Drop the yogurt mixture in small cubes in small circles on the trays.
 4. Dry until sticky.