



Lewis County

Master Food Preservers

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and Preservation



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Rehydrating Dried Foods

Product	Water to Add to 1 Cup Dried Food (Cups)	Minimum Soaking Time (Hours)
Fruits*		
Apples	1 1/2	1/2
Pears	1 3/4	1 1/4
Peaches	2	1 1/4
Vegetables**		
Asparagus	2 1/4	1 1/2
Beans, lima	2 1/2	1 1/2
Beans, green snap	2 1/2	1
Beets	2 3/4	1 1/2
Carrots	2 1/4	1
Cabbage	3	1
Corn	2 1/4	1/2
Okra	3	1/2
Onions	2	3/4
Peas	2 1/2	1/2
Pumpkin	3	1
Squash	1 3/4	1
Spinach	1	1/2
Sweet Potatoes	1 1/2	1/2
Turnip Greens and other greens	1	3/4

* Fruits - Water is at room temperature.

** Vegetables - Boiling water used.

From University of Georgia Cooperative Ext. Service Publication – Preserving Food: Drying Fruits and Vegetables.

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