



Lewis County

Master Food Preservers

WASHINGTON STATE UNIVERSITY  
EXTENSION

Food Safety and  
Preservation



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## **ZUCCHINI “CANDY” RECIPES**

### **Basic Zucchini Candy Fruit**

- 10 cups peeled cut zucchini, about ½ inch square pieces
- 2 packs flavored drink mix (Kool-Aid)
- 3 cups water
- 2 ½ cups sugar

Peel zucchini, cut in half, clean out seeds and cut into pieces. Mix Kool-Aid, water, and sugar, then add zucchini. Bring to a full boil and simmer for 25 minutes. Drain into container to save the juice. Put pieces on dehydrator trays, not over lapping. Dry 14 hours at about 125%, turn pieces over and dry about 4 more hours. The “candy” will feel dry and not sticky when done. Store in, clean dry jars with lids in a cool place.

### **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 the same directions used for basic recipe, mixing liquids and sugar.

### **Blueberry Candy Fruit**

- 10 cups zucchini peeled, seeds removed, and cut into ½ inch squares
- 1 – 16 ounce can wild blueberries, mashed and drained through cheesecloth
- 4 tablespoons blueberry extract
- 1 cup water
- 2 cups sugar
- ¼ cup lemon juice (optional)

Follow the same directions used for basic recipe, mixing fruit juices, water, extract, and sugar.

FOR “GUM DROPS”, when turning the zucchini, dip in sugar for coating.

TO MAKE FRUIT LEATHER, drain and mash, or blend fruit and spread thin on plastic wrap.

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