

Fruit and Vegetable Dehydration Charts

Fruit	Preparation	Test for doneness	Approx. Time at 135 F
Apple	Peel optional. And core, cut into rings/ $\frac{1}{4}$ " slices	Leathery to crispy, no moist areas	6-15 h
Apricot	Cut in $\frac{1}{2}$, pit, pop the back in to expose more surface, also slice or cut in $\frac{1}{4}$ ' s	Springy, no moist area in center	20-36 h
Banana	Peel and slice in $\frac{1}{4}$ to $\frac{1}{2}$ " thick slices	Pliable to crispy	8-10 h
Blueberry	Remove stems, crack skins	Shrivelled, leathery	10-36 h
Cherry	Remove stem, cut in half and remove pit	Pliable, leathery, sticky	10-20 h
Cranberry	Remove stem, crack skins	Shrivelled, pliable	14-36 h
Grape	Seedless, cut in half dry skin down, blanch/ crack skin	Pliable, leathery	22-30 h
Kiwi	Peel, slice $\frac{1}{4}$ " thick	Pliable, leathery	10-20 h
Peach	Peel optional, cut in half, pit and slice	Pliable, leathery	8-18 h
Pineapple	Peel and core, cut into even slices	Leathery, not sticky	15-36h
Plum	Cut in half and pit, pop the back in to expose more surface area, also can slice or cut in $\frac{1}{4}$'s	Pliable, leathery	8-36 h
Rhubarb	Cut in 1" slices, blanch 1-2 min	Leathery, brittle	6-10 h
Raspberry	Remove stems, spread evenly on tray	Leathery, brittle	6-10 hours
Strawberry	Remove tops, cut in $\frac{1}{2}$ or into slices	Pliable, leathery	7-15 h
Watermelon	Remove rind, cut into even slices, remove seeds	Pliable, sticky	8-10 h

Vegetable	Preparation	Blanching Time (mins.)	Drying Time (hrs.)
Asparagus	Wash thoroughly. Halve large tips.	4-5	6-10
Beans, green	Wash. Cut in pieces or strips.	4	8-14
Beets	Cook as usual. Cool, peel. Cut into shoestring strips 1/8" thick.	None	10-12
Broccoli	Wash. Trim, cut as for serving. Quarter stalks lengthwise.	4	12-15
Brussels sprouts	Wash. Cut in half lengthwise through stem.	5-6	12-18
Cabbage	Wash. Remove outer leaves, quarter and core. Cut into strips 1/8" thick.	4	10-12

Vegetable	Preparation	Blanching Time (mins.)	Drying Time (hrs.)
Carrots, parsnips	Wash. Cut off roots and tops; peel. Cut in slices or strips 1/8" thick.	4	6-10
Cauliflower	Wash. Trim, cut into small pieces.	4-5	12-15
Celery	Trim stalks. Wash stalks and leaves thoroughly. Slice stalks.	4	10-16
Corn	Husk, trim, wash, blanch until milk in corn is set. Cut kernels from the cob.	4-6	6-10
Eggplant	Wash, trim, cut into 1/4" slices.	4	12-14
Horseradish	Wash, remove small rootlets and stubs. Peel or scrape roots. Grate.	None	6-10
Mushrooms	Scrub. Discard tough, woody stalks. Slice tender stalks 1/4" thick. Peel large mushrooms, slice. Leave small mushrooms whole.	None	8-12
Okra	Wash thoroughly. Cut into 1/2" pieces or split lengthwise.	4	8-10
Onions	Wash, remove outer skin, tops and root ends, slice 1/8 to 1/4" thick.	4	6-10
Parsley, other herbs	Wash thoroughly. Separate clusters. Discard long or tough stems.	4	4-6
Peas	Shell and wash.	4	8-10
Peppers	Wash thoroughly. Slice or leave whole if small (Wear gloves if necessary.)	None	12-24
Potatoes	Wash, peel. Cut into 1/4" shoestring strips or 1/8" thick slices.	7	6-10
Spinach, kale Chard, etc	Trim and wash very thoroughly. Shake or pat dry to remove excess moisture.	4	6-10
Squash, summer	Wash, trim, cut into 1/4" slices. Or grate	4	10-16
Squash, winter	Wash, remove seeds and pulp, peel. Cut into strips then crosswise 1/8" thick.	4	10-16
Tomatoes	Remove skin or not. Slice 1/2" thick or cut in 3/4" sections.	None	6-24

There is more moisture in fruit, be sure to cut into even slices to allow uniform dehydrating. Also turn the trays in the dehydrator at intervals as one side tends to dry faster. Blanching vegetables is to help preserve the color and stop enzyme action. Personally, I don't bother with this as I use my veg in soups. Vegetables are done when hard or brittle/ crispy/ rubbery depending on the vegetable. Store in airtight containers, ziplock bags are ok, but powdered dehydrated food will absorb water from the air. Dehydrated food will keep for a few years stored at room temperature, even longer stored in the freezer.