



Using Dehydrated Foods

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Dehydrating (drying) foods is a method of food preservation that can help you to extend your summer and fall harvest into the lean times, such as these. By late winter your cold storage produce may be gone, so it's time to rehydrate those dehydrated green beans, corn, and apple slices.

The University of Missouri Extension has an excellent resource which you can access here: [How to Use Dehydrated Foods](#). This resource includes a table for how to rehydrate various foods, as well as recipes, including soups and, surprisingly, an apple pie made from dried apples. You'll find these and more recipes at this site:

- Campfire Corn Chowder
- Green Bean Casserole
- Beef Vegetable Soup
- Apple Pie
- Apple Coffee Cake

Recommended resource for drying foods and using dried foods: How to Dry Foods: The Most Complete Guide to Drying Foods at Home,
by Deanna DeLong

This updated classic book details how to dry fruits, vegetables, herbs and spices, meats, fish, and nuts. Includes more than 100 recipes and full-color photographs.