

How to Dry Veggies

The times in this chart should be used as guidelines only. Actual Drying time depends on numerous factors including the type of drying method used, the quantity of food being dried, etc. For Reference sake only, the times listed below are based on a Food dehydrator running at 120°-140°F

Vegetable	Preparation	Blanching method	Blanching time minutes	Drying method	Drying time in Hours	Indication of dryness
Asparagus*	Cut into ½" pieces	steam water	4-5 3½-4½	Dehydrator or Oven	10	Brittle
Beans, green	Cut in short pieces or lengthwise	steam water	2-2½ 2	Dehydrator or Oven	14	Brittle
beets	Cook as usual; cool; peel, cut in ¼" slices.	No blanching required	No blanching required	Dehydrator or Oven	12	Tough; leathery
Broccoli*	Trim; slice stalks lengthwise no more than ½" thick	steam water	3-3½ 2	Dehydrator or Oven	10	Brittle
Brussel Sprouts	Cut in half lengthwise	steam water	6-7 4-5	Dehydrator or Oven	24	Hard to Brittle
Cabbage	Remove outer leaves; quarter and core. Cut in 1/8" slices.	steam water	2	Dehydrator or Oven	10	Tough to Brittle
Carrots	Cut off roots and tops. Peel; cut in 1/8" slices.	steam water	3½	Dehydrator or Oven	18	Tough to Brittle
Cauliflower*	Break into small floweret's.	steam water	4	Dehydrator or Oven	16	Tough to Brittle
Celery	Trim stalks and cut in ¼" slices.	steam water	2	Dehydrator or Oven	18	Crisp; Brittle
Corn	Cut kernels from cob after blanching	steam water	2	Dehydrator solar oven	12 3 days	Brittle; crunchy
Eggplant	Trim and cut into ¼"	steam	3	Dehydrator	24	Brittle

	slices	water			or Oven		
Mushrooms	Remove any tough and woody stems. Trim 1/8" off stems. Slice.	No blanching required	No blanching required		Dehydrator or Oven	16	Tough; leathery
Okra	Trim and slice crosswise in 1/8" to 1/4" slices.	No blanching required	No blanching required		Dehydrator or Oven	11	Tough to brittle
Onions	Remove outer skin, top, and root end. in 1/8" to 1/4" slices.	No blanching required	No blanching required		Dehydrator or Oven	20	Brittle and papery
Peas	Shell	steam water	3		Dehydrator Solar Oven	17 3 days	Wrinkled and hard
Peppers, green or red	Stem and core. Cut crosswise into in 1/4" circles or 1/4" strips.	No blanching required	No blanching required		Dehydrator or Oven	12	Flexible; dry to the touch
Parsnips (see carrots)	(see carrots)	(see carrots)	(see carrots)		(see carrots)	(see carrots)	(see carrots)
Potatoes	Peel. Cut in 1/8" slices or 1/4" strips	steam water	7		Dehydrator or Oven	12	Brittle
Spinach and collard greens	Trim	steam water	2		Dehydrator or Oven	15	Brittle
Summer squash	Trim and cut into 1/4" slices	steam water	2		Dehydrator or Oven	12	Brittle
winter squash	Peel and cut into 2 to 4 inch pieces 1/4" thick	steam water	2		Dehydrator or Oven	18	Crisp; hard
Tomatoes roma or other small pear shaped	Cut in 1/4" slices Cut in half lengthwise	No blanching required	No blanching required		Dehydrator or Oven Dehydrator or Oven	26 30	Tough; leathery

*These vegetables do not re-hydrate well