

Home Food Dehydrating - Key Talking Points

Welcome to Small Farm and Food Fest, sponsored by Edible Ohio Valley Magazine and Apple Farm Equipment! This event focuses on three main points: Eating Healthy, supporting local and promoting sustainable behavior.

- Dehydrating produce was one way of preserving produce in the 1880s due to the lack of refrigeration. Fresh fruits and vegetables would be prepared and then dried so they would last throughout the year, especially in the winter months.
- Typically, foods to dehydrate fell were apples, peaches, pears, herbs, tomato slices, beans, legumes, peppers, and more. Today we are dehydrating meals for camping, emergencies, hiking, and for winter storage.
- There were many different ways to dry food (air, sun, freeze drying, and home dehydration). We are focusing on home dehydrators today.
- Two of the dehydration methods used in the 19th century were drying in the air and sun.
- Have you ever thought about food preservation at home? There are great resources available for the hiker, camper, home preserver, and emergency preparer (a few resources listed below).

Thank you for coming to Small Farm and Food Fest, we hope you enjoyed your day. Check out more MetroParks programming at www.metroparks.org. You can also volunteer to support programs like these, learn more at www.metroparks.org/volunteer.

Supporting Information:

[Small Farm & Food Fest - Five Rivers MetroParks](#)

Food Dehydrating by Eric Tornblad <https://a.co/d/0gExaXII>

Back Country Eats by Kevin Outdoors Amazon [Backcountry Eats: Making Great Dehydrated Meals for Backcountry Adventures: Ride, Kevin: 9781525585449: Amazon.com: Books](#)