



Food Dehydration Options

J U i Y5 XXXXHWBjW B chY

. "8 YnXFUjcb| ZcXgFYi Wg'h Ya c|gh fY|b h'á 'c"y YghUj|b\|V|h'h Ya |M'cVU| f'ck h' h'UhW g'g'h á 'c'fch' DFY
 h'YUj|b| ga YZcXgVZcfYXn|b| df'g'fj Yg'h Yf' Új cfZW'cfZUbXbi h|Yblg'df'Y Yb|ga |M'cVU| WbHá |b|Ujcb/UbXdfc'cb| g'h Yf'
 g'YZ' |Z" "8 YnXFUjcb f'Yi Wg'k Y| |H' Ub' |a dcfHbhWbgXfUjcb' k \b' g' |dd|b| | UbXY|a |b|Uhg'h YbYXZf' fYZ| |YUjcbz'
 a U|b| |h'YUj|b| f'c'f'Y |a | | f'YU| 'dfcX' Wg'" H|g'di V|Wjcb Z'Wg'g'cb Wá a YfVU!gWYZcXXYnXFUjcb 'UbXYei |da Yb|' -h'Ug'
 ci h|b'Yg'g' f' YnXFUjcbz'U'ck |Wgha YhcXZf' ga Ygá U' |gWYcdYfUjcbg"

By **Katherine L. Adam**
 NCAT Agriculture Specialist
 August 2004
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Introduction

8 YnXFUjcb' |g'Ub' |bhfa YX|UY' gh'd' |b' |i fb|b| '
 fUk 'U| f|W' |i fU' dfcXi Wg' |b|c' f'YU| 'dfcXi Wg'"
 8 YnXFUjcb' a U' Yg' h' YWbj Yb|cbU' ZcX' UbX'
 d\Ufa UWi h|W' |bXi g|f|Yg' d'cgg|VY' | UbX' dfcZ
 |hUVY" 'G|bW' Uf| Y'ZcX' dfcWg'g'cf' Y|h' Yf' \Uj Y
 h' Yf' ck b' Xfn|b| 'ZUW| |h'Yg' cf' fa cfY' | YnL' |fY
 g|fYU|h'nXYnXFUjcb Úfa g'zh' f'Y|g' |h'Ycddef

Table of Contents	
Introduction.....	1
Types of dehydration	1
Drying as an on-farm added-value strategy.....	3
Product development and marketing.....	4
Regulations.....	6
References	6
Resources	7

Î ZYX' |c' dfcXi WUdck Xf' h' Uhw VYwa YcbY
 |b| f'YX|Ybh|b Ub YbXdfcXi W'

6UW' XfnYf'g' UfY Ub' c' XYf' h'Wbc' c| mi g'YX' |b'
 ga U' dfcXi W|cb' fi bg'cf' Zcf' h' Yf' ÚY |V| |h'm' '5'
 Wá a YfVU!gWYVUW' XfnYf' a Un|U' YZ'ca')) '
 g'"Z'c'ZÚccf'gdUWf'Z'fVXWbj YW|cbz'h' fci | \!
 Úck Lhc' (&) 'g'"Z'f'ZcfVXWbj YW|cbz'W'cgg|Uf!
 Úck E' H' Yg' \Uj YVYb' fYd' UWXVn' Úi |X|nYX' VYX'
 VUW' XfnYf' g'Z'g' YU' m'Z' f' d\Ufa UWi h|W' dfcX'
 i Wg'" '5' Úi |X|nYX' VYX' XfnYf' _ Ydg' h' Ya Uhf|U'

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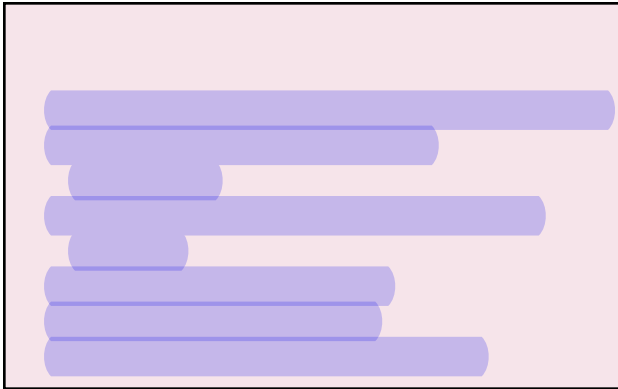
Zca ghW]b[hfc[\ci hYw`b[UbXVU []b[
cdYU]cb""5 [[fY U]cb'cZh YdU]Wg]g'cZb'
i gX'hc' dfcXi WĪ]bg]Ublĭ 'dck XYfg"

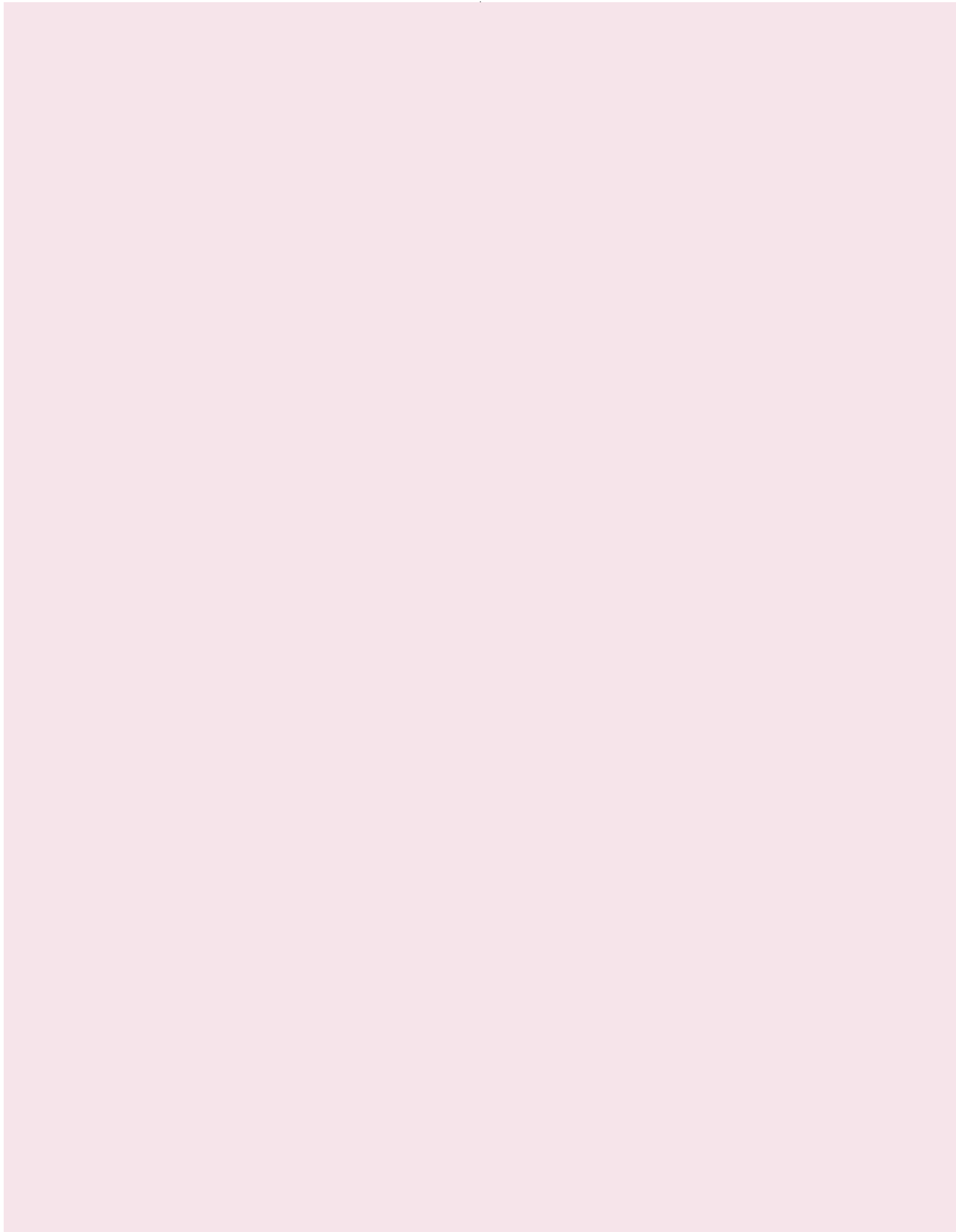
7cb]bi ci g'Xfmfg'UY [ccX'Zcf'Xfm]b[``]ei]Xg'
cf``]ei]X'g' g]Ybg]cbg""5 'Wa a cb'hdY]g'hY
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Note: Current freeze-drying technologies are

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]b[fYX]Yb]g]bžgUhzl; ccXA cfb]b[: Ufa Ń[ci f!





: cfli bUymZcf`a UbmUhmfbUj YZfa YfgzhY
[ci fa YhZcXgUbXcf[Ub]WzcXgWm[cf]YgUFY
Wbj Yf[]b[" `A UmicZh.Y dfcXi Vg`XYgW]VYX`
Uvcj YWb`VYWbg]XYFXÎbUi fU`[ci fa Yhî ``

ÎGdYUhmcf[Ub]Wj`UFYÎdfcXi Vg`hUh\U YU
i b]ei Yei U]mždcgg]VmlfYbX`Xfj Ybžk \]W`
a U`Yg`h`Ya `a cfYj Ui UYUbXU`ck gUbUXXY`
df]Wdc]bhî fl`E`8i f]b[`h`Yduh(SmYUgž[ci f!

&E : fUbVgž: fYXYf|W>"fIX|cf#W/a d| YfL""
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 · hmg|cb`a |ggci f|`YXi #Yl d`cfY#\ Yg| i |XY#`
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Resources

On-line Extension bulletins

Drying vegetables and fruits at home

k k k "Yl HW`cgUH`YXi #di Vg#ZcXbi h#di VzcxX`
 \`ha` `dfYg`

How to dry foods at home

\`hd.##a`i`Yl`hmg|cb`a`|ggci`f|`YXi`#Yl`d`cfY#\`Yg|
 [i`|XY#ZcXbi`h#|\`%)*3`

Drying fruits

\`hd.##a`g`WfYg`Wa`#di`Vg`

Drying foods:

· **Out of doors** fl 7G; (-`L`
 · **Indoors** fl 7G; (-`L`
 \`hd.##\`U`a`cW|Zg`i`Ů`YXi`#Xcg`UFW`\`ha`
 · B`chY": 7G; (-`|g`h`Y%`-`I`b|j`Yfg|hmcZ`
 · ; Ycf|JU79G`- , -`di`V|W|h`cb`f`g`Y`Z`cb`chY`L`

Drying food

k k k "U`i`|i`W`X`i`#r`j`|g`U#\`ha` `Sdi`Vg#Xfm|b|`#`
 XfnžccX`\`ha` `"
 · fl`|fW`Uf`%&&+L`

Drying foods at home

k k k "U`W`a`"di`f`Xi`Y`Y`Xi`#5`|`7`ca`#Di`Vg#7: G#`
 7: G`%`*`\`ha` `"
 · fl: G`%`*`L`

Drying foods

http://www.cahe.nmsu.edu/pubs/_e/e-322.html
 (Guide E-322)

Post-harvest handling of dehydrated chiles

www.g6csy.net/chile/index.html

Other

Dehydration: A Dry Run for Lean Times

By Joseph Grant
www.logicsouth.com/~lcoble/jg/dehydra/

Commercial processing/product development

I b|j Yfg|lmcZ5f_UbgUg
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GHf|b| U: ccXDfcWgg|b| `6i g|bYgg`I 5`7ccd!
YfU|j Y9l h|bg|cbž@|h|YFcWž5 F""`%&d`
· 7cj YfgdfcX| W|X|j Ycda Yblždf|bVd`Yg`ZdfYg`
· Yfj U|cb UbXdfcWgg|b| ž`UY|b| žcdYfU|cb`
· a Ub| Ya Yblž< 577DžfY|i`U|cbg`Q|f|U|b|b|`
· lc`5f_UbgUg`a Uf_Y|b| g|fU| |YgžUbX`
· U|j|W| g|bYgg`W|bg|XfU|cbg`FYU|X`
· di V|W|cbg|fYU| U`U|Y|Ug`Zf`VfcWi fy`
· `(\$`SS`G|bXW|W|cf`a cbY|cfXf`lc`7ccdYfU`
· h|j Y9l h|bg|cb GYfj |Vž6i g|bYgg`C`Z|WžDi V|`
· W|cb`GU|gžD`C`"6cl`"-`%ž@|h|YFcWž5 F`
· +&&S`"

I b|j Yfg|lmcZA UggUWi gY|hg
k k k "i a UggYXi
· : |Znt|b|bYdi V|W|cbg|cb Ug|W|g`cZ|W|a a YfU`
· dfcWgg|b| ""FYXcb|]bYcf`Xck b`cUX`

A |gg|gg|dd|`GHUYI b|j Yfg|lmi9l h|bg|cb
GUZ`&SS`"9l d`cf|b| h`Ydch|b|U`Zcf`bYk`ZcX`
dfcXi Wg` "\h|d|.##a g| WfYg`W|a`#di Vg#d&%+S`

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