

Table 1: Steps for Drying Vegetables.

Vegetable	Preparation	Blanching Time (boiling water) (minutes)	Drying Time* (hours)	Dryness Test
Asparagus	Wash thoroughly. Halve large tips.	3½-4½	4-6	Leathery to brittle
Beans, green	Wash. Cut in pieces or strips.	2	8-14	Very dry, brittle
Beets	Cook as usual. Cool, peel. Cut into shoestring strips $\frac{1}{8}$ inch thick.	None	10-12	Brittle, dark red
Broccoli	Wash. Trim, cut as for serving. Quarter stalks lengthwise.	2	12-15	Crisp, brittle
Brussels sprouts	Wash. Cut in half lengthwise through stem.	4½-5½	12-18	Tough to brittle
Cabbage	Wash. Remove outer leaves, quarter and core. Cut into strips $\frac{1}{8}$ inch thick.	1½-2	10-12	Crisp, brittle
Carrots	Use only crisp, tender vegetables. Wash. Cut off roots and tops; peel. Cut in slices or strips $\frac{1}{8}$ inch thick.	3½	10-12	Tough to brittle
Cauliflower	Wash. Trim, cut into small pieces.	3-4	12-15	Tough to brittle
Celery	Trim stalks. Wash stalks and leaves thoroughly. Slice stalks.	2	10-16	Very brittle
Chili peppers, pimientos	Wash, stem, core. Remove "partitions." Cut into disks about $\frac{3}{8}$ by $\frac{3}{8}$ inch. (Wear gloves if necessary.)	None	8-12	Crisp, brittle, medium green
Corn, cut	Husk, trim. Wash well. Blanch until milk in corn is set. Cut the kernels from the cob.	1½	6-10	Crisp, brittle
Eggplant	Wash, trim, cut into $\frac{1}{4}$ -inch slices.	3	12-14	Leathery to brittle
Garlic	Peel and finely chop garlic bulbs. No other pretreatment is needed. Odor is pungent.	None	6-8	Brittle
Horseradish	Wash, remove small rootlets and stubs. Peel or scrape roots. Grate.	None	4-10	Brittle, powdery
Mushrooms**	Scrub. Discard tough, woody stalks. Slice tender stalks $\frac{1}{4}$ inch thick. Peel large mushrooms, slice. Leave small mushrooms whole. Dip in solution of 1 tsp. citric acid per quart of water for 10 minutes. Drain.	None	8-10	Dry and leathery
Okra	Wash thoroughly. Cut into $\frac{1}{2}$ -inch pieces or split lengthwise.	None	8-10	Tough, brittle
Onions	Wash, remove outer paper skin. Remove tops and root ends, slice to $\frac{1}{4}$ inch thick.	None	3-9	Very brittle
Parsley, other herbs	Wash thoroughly. Separate clusters. Discard long or tough stems.	None	1-2	Flaky
Peas	Shell and wash.	2	8-10	Hard, wrinkled, green
Peppers, pimientos	Wash, stem. Remove core and seeds. Cut into $\frac{1}{4}$ - to $\frac{1}{2}$ -inch strips or rings.	None	8-12	Tough to brittle
Potatoes	Wash, peel. Cut into $\frac{1}{4}$ -inch shoestring strips or $\frac{1}{2}$ -inch-thick slices.	5-6	8-12	Brittle
Squash, summer or banana	Wash, trim, cut into $\frac{1}{4}$ -inch slices.	1½	10-12	Leathery to brittle
Squash, winter and pumpkin	Wash rind. Cut into pieces. Remove seeds and cavity pulp. Cut into 1-inch-wide strips. Peel rind. Cut strips crosswise into pieces about $\frac{1}{4}$ inch thick.	1	10-16	Tough to brittle
Tomatoes, for stewing	Steam or dip in boiling water to loosen skins. Chill in cold water. Peel. Slice $\frac{1}{2}$ inch thick or cut into $\frac{3}{4}$ -inch sections. Dip in solution of 1 tsp. citric acid/quart water for 10 minutes.	1	10-18	Crisp

****WARNING:** Drying or cooking does **not** destroy the toxins in poisonous varieties of mushrooms. Only an expert can differentiate between poisonous and edible varieties.

*Drying times will vary depending on the moisture content of the food and the dehydrator being used. Oven-drying time may be twice as long.

Source: Table adapted from Colorado State University Extension, using University of Georgia blanching and drying times.