



# Dry It!

A  
Dehydrator  
Guide for  
Early  
Childhood  
Education

## Acknowledgements

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### Contributors

Cindy Bossio RD, Community Nutritionist

Linda Boyd RD, Community Nutritionist

Rose Soneff RD, Community Nutritionist

### Assistance provided by

Jerique Arqueza, Dietetic Intern

Selena Devries, Dietetic Intern

Pamela Tran, Dietetic Intern

### Clerical assistance provided by

Christel Dahlberg

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## Dehydrating Vegetables and Fruit with Children

Dehydrating food with children has many benefits. Dehydrating fruit, vegetables, and herbs can be a fun, interactive, and tasty way to introduce new foods and teach children about healthy eating. In addition, other themes can be woven in, such as where various fruit, vegetables and herbs are grown locally, how to use the dehydrated products in other cooking activities, and the science of food. Participation in dehydrating activities also increases socialization skills as the children prepare and eat dehydrated vegetables and fruit with their peers.

This guide can complement the activities from [Food Flair™](#), such as the section "FUN & LEARNING ABOUT HEALTHY EATING".

Two and three year old children should have 4 servings of vegetables and fruit each day while children between the ages of four and eight years old need 5 servings. Dehydrated vegetables and fruit can contribute to reaching the number of servings recommended for children.

### Dental Considerations

What children eat and how often they eat affects their dental health. Sugars and starches feed bacteria in the mouth that produce an acid. This acid breaks down the tooth enamel which causes cavities.

Dried foods are concentrated and are, therefore, higher in sugars that can feed bacteria. They are also very sticky and can get caught in children's teeth. The acid attack that takes place on the teeth occurs within 20 minutes of sticky sugary food clinging to the teeth.

#### Quick Tips:

- **Serve crunchy vegetables or fruit along with dried fruit to help dislodge sticky food from the teeth.**
- **Serve cheese right after the children have tried dried fruit. It helps to protect the teeth from decay.**
- **Serve water or milk while offering dried food snacks.**
- **If possible, have children brush teeth right away after trying very sticky and sweet foods like dried melons, grapes, mangos, apples, bananas, apricots, figs, nectarines, peaches, plums, strawberries, and citrus fruit.**

For further information about preschooler's dental health or to borrow the *Dental Resource Kit for Young Children*, contact the dental staff at your local health centre.

## Prevent Choking

Foods that are hard, tough, round or sticky can block a child's small airway and be a choking hazard. Cut dried food into small pieces around  $\frac{1}{2}$ " (1.3 cm) or smaller.

### Quick Tips:

- Direct children to put only one piece of dried fruit in their mouth at a time and chew well.
- Children should only put food into their mouths when seated at the table.

## Before You Get Started

Use only a retail or commercial dehydrator that has been approved by the Canadian Standards Association (CSA). Check to see that the dehydrator and equipment are clean before using. Harmful bacteria, viruses, and fungi can thrive on dirty surfaces, and sticky residue can attract dirt and dust. All of these can contaminate food in contact with a dirty dehydrator and cause possible harm. When you have finished using the dehydrator, please ensure that it has been thoroughly cleaned and sanitized.

## Cleaning and Sanitizing of Dehydrators and Accessories

Refer to the dehydrator manual for the proper care, use and cleaning of the dehydrator unit and trays. If the dehydrator manual is not available, please refer to Appendix A.



## Food Safety

Practicing food safety is extremely important while involving children in the preparation of dried foods.

Keep food safe from harmful microbes like bacteria, viruses, and fungi, as well as contamination from insects and rodents, dirt, dust, chemicals, and hair. Harmful microbes and contaminants can be spread throughout the kitchen and get onto hands, cutting boards, utensils, dish cloths, sponges, counter tops and food.

Here are some steps to reduce the risk of foodborne illness:

### A. Clean Hands

Remind children to properly wash their hands with soap and warm running water before, during and after handling food. Sing the "ABC song" to help children wash for the minimum of 20 seconds needed for proper hand washing.



## B. Clean Fruits and Vegetables

It's difficult to know if fruits and vegetables have been contaminated before you obtain them. Always rinse any fresh vegetables and fruit well with clean running water before eating or dehydrating. If your fruit or vegetable has a rind such as pineapples, citrus fruit, and melons be sure to wash them before peeling or preparing. Cantaloupe should not be used for dehydration as it is considered a high risk food. Although the skin and outer surfaces protect them, microbes can grow if the surface becomes pierced or cut.

Washing helps reduce contamination from dirt, microbes, and traces of pesticides on the surface. When washing vegetables and fruit, cut away any damaged or bruised areas since harmful microbes can grow there. Throw away any rotten or moldy vegetables and fruit.

Refrigerate fresh fruits and vegetables after peeling, cutting or cooking. Discard them if left at room temperature for two hours if they are not already in the dehydrator.

## C. Clean and Sanitize Surfaces, Counters, and Equipment

Clean and sanitize all surfaces, counters, and equipment:

### Step 1: Clean

Wipe the surface firmly (creating friction) and thoroughly using a wet cloth (not dripping) and an appropriate cleaning solution (i.e. a soap-type product).

### Step 2: Rinse

Switch to a clean wet cloth (water only) and wipe thoroughly to rinse.

### Step 3: Sanitize

Wet the rinsing cloth with sanitizer, and wipe over the surface again. Let dry for 2 minutes.

#### Quick Tip:

You can make a sanitizing solution as follows:

- Mix 1 tablespoon (15 ml) of 6 per cent regular unscented household bleach into 1 gallon (4L) of water; or
- Mix 1 teaspoon (5 ml) of 6 per cent regular unscented household bleach into 4 cups (1L) of water.

#### Quick Tip:

- Ensure that containers of sanitizing solution have a label showing the contents and are kept away from the reach of children.

For more information on food safety:

- Refer to Kitchen Safety, Food Flair™, p. 47-56, and 80 - 82.
- [Food Safety in Child Care Facilities - HealthLink BC File #59d](#)
- Contact an Interior Health [Environmental Health Officer](#) through your local health centre.

#### D. Dehydration

Dehydrate foods well to reduce the risk for bacterial growth. Make sure to follow temperature guidelines for the dehydrator as specified by the dehydrator's manual (or refer to Appendix B for appropriate temperatures).

Do not turn off your dehydrator or leave partially dried food on the trays as it may spoil or develop off-flavours.

#### E. Allergies

Food allergies are reactions that involve the immune system. The part of the food that causes the reaction is called an allergen. Allergic reactions to food can range from very mild to life threatening.

##### **Avoid Allergens:**

- If you have an allergic child in your care, clean and sanitize (refer to Appendix A) the dehydrator trays **before** as well as **after** use to be sure no residual allergens remain from a past user.
- Avoid working with foods that are known to cause allergy symptoms by a child in your care.
- Ask parents of children with severe food allergies to provide a comparable alternative food for their child to taste on the day the group will be trying the dehydrated food.
- Follow your center's guidelines and policies regarding allergies.

Refer to Food Allergies, Food Safety in Food Flair™, pages 50-52.



## Dehydrating Foods 101

Many varieties of food can be dehydrated. Fruit, vegetables, and herbs are the most popular and generally pose a lower food safety risk. Do not use this dehydrator to dehydrate meat products due to a high food safety risk.



### Practical Drying Guidelines:

- Follow the instructions specified by this dehydrator.
- Thinner slices dry quicker; slice evenly for even drying.
- Spread all food evenly to dry in single layers. If slices overlap, the areas that overlap will take twice as long to dry.
- Do not add fresh produce to a partially dried batch. It will slow the rate of drying for both products. It is possible to combine partially dried foods which are at the same level of dryness on to fewer trays.

### Loading Trays:

- Lay food pieces evenly on trays.
- Do not overlap food pieces as this will increase drying times.
- As each tray is loaded, place it on the dehydrator to begin drying.

### Testing for Dryness:

To test for dryness, remove a piece of food, let it cool and feel with your fingers for dryness. When in doubt, dry longer to ensure food safety.

#### 1. Vegetables and fruit:

- Fruits are pliable and leathery with no spots of moisture. Tear in half, pinch and look for moisture drops along tear. If no moisture shows, then you're ready for tasting!
- Fruit rolls should be leathery with no sticky spots.
- Vegetables should be tough, crisp or brittle.

#### 2. Herbs: Herbs are dry when they snap and crumble easily.

Drying time and temperatures can be found in the Appendix B.

### Storing Dried Food:

If you are going to store dried foods, make sure to store them in airtight, moisture proof containers and place in the refrigerator or freezer. For more information on storage, see your operating manual.

## Cooking and Serving Dried Food:

Dried fruit can be added to cereal, granola, muffins, or as a substitute for raisins in baking. Dried vegetables and herbs may require rehydration but can be added to a variety of savory dishes, soups, breads, baked goods and dips.

### Quick Tip:

**To promote healthy eating and foster a healthy relationship with food, offer but do not force children to try dehydrated food.**

Only a small quantity of dried food is needed for taste testing activities with the children. If you end up drying a large quantity of food, you may want to know how you can use it as an ingredient in cooking. Below are some guidelines.

## Rehydration:

- Rehydrate by placing dried foods in a container with enough hot water to cover the food. *Soak until soft (no longer than 2 hours) and then use immediately in cooking/baking.* Boiling water rehydrates foods more quickly than cold water or water at room temperature.
- *Fruit or vegetables rehydrated in liquids other than water (i.e. fruit juice, vegetable juice, milk, or salt free broth) must be rehydrated in the refrigerator* to reduce the risk of spoilage.
- Do not add seasoning, especially salt or sugar, during rehydration because they slow the process.

### Quick Tip:

**When rehydrating with hot water, cover the bowl and set the bowl aside away from the reach of children.**

## Cooking with Dried Food:

- After rehydration, cook it as you would normally.
- Most vegetables and fruit will rehydrate to about 80% of their fresh state, so they are a little chewier than fresh or frozen fruit or vegetables.

Dried foods used in cooking will absorb additional liquid. Adjust the recipe accordingly by adding more water:

- Vegetables: add one additional cup of water for one cup dried food.
- Stewed fruit: add 2 additional cups of water for each cup of fruit; allow to stand 1 hour and simmer until tender.
- Pies or fillings: use 1 additional cup (250 ml) of water per 1 cup (250 ml) of fruit, or less, if you desire a thicker consistency.

See your operating manual for more detailed drying instructions and recipes.

## Kids in the Kitchen

### Drying Fruit

Drying fruit together with children is an opportunity to follow the transformation between fresh and dried fruit. It helps children understand how common foods like raisins and prunes are made and exposes them to other dried fruits that are less common. You can experiment with just about any fruit - see the chart in Appendix B or refer to the operating manual for specific drying instructions. Dried fruit can be eaten on its own or added to cereal, trail mix, baked goods, cooked dishes and salads.

**Quick Tip:**

**If you can, try to use fresh fruit in season.**

**Involving Young Children:** tie back long hair, roll up sleeves, and wash hands as a first step in food safety.

**Children can:**

- Wash fruit.
- Use a plastic knife to cut bruised sections from soft fruit.
- Use a plastic knife to peel or cut soft fruits.
- Remove large pits.
- Put the cut fruit pieces onto the dehydrator loading trays.
- Gather up waste for the compost or garbage.



**Quick Tip:**

**Pre-treat fruit that tends to brown quickly by squeezing lemon, lime, or orange juice overtop of the fruit. This will result in a higher quality, better tasting product with less vitamin loss. Apples, bananas, pears, apricots, nectarines and peaches will benefit from a pre-treatment. Some food safety sites also recommend blanching or pre-treating all fruits and vegetables to reduce the survival of harmful bacteria and improve food safety.**

### Scrumptious Strawberry Chips:

1. Let the children wash the strawberries.
2. Hull the strawberries for the children.
3. Let the children slice the strawberries with a plastic knife while sitting at a table. Caregivers can assist the children as well as cut some too. Aim for  $\frac{1}{2}$  inch (approximately 1 cm) thick slices or halves.
4. Let the children put the slices on the dehydrator trays.
5. Dry at 135° F (57°C) for 6-12 hours.
6. Once dry, strawberry chips are ready to try plain, in cereal, and in baking.



See Appendix B and your dehydrator manual for guidance on dehydrating other fruits.

### Fresh Fruit to Dried Fruit:

- Select the best quality fruit at the peak of ripeness and flavour.
- Wash carefully to remove debris, dust and insects.
- Cut away bruised or damaged sections.
- Remove pits and stems. Peels can stay on.
- Slice evenly. Try to keep most of the slices around the same size for equal drying.

## Drying Fruit Rolls

Making fruit rolls is a fun process of blending, mixing, and drying which gives kids plenty of chances to learn some basic food preparation skills!

Fruit rolls are a favourite with children, but they are a very chewy and sticky fruit product which can get stuck in teeth and cause tooth decay. Refer to the dental care advice given in the Quick Tips section on page 4.

### Quick Tips:

- Some fruit, such as apples, are high in pectin and fiber, and have an excellent texture when dried. Use your imagination and have fun!
- If you can, try to use fresh fruit in season.
- You can use overripe fruits or irregularly shaped fruit, because they will be blended together.
- In the winter, frozen fruits can also be used, although they tend to be runnier. Simply thaw and drain much of the excess liquid away.

**Involving Young Children:** tie back long hair, roll up sleeves, and wash hands as a first step in food safety.

### Children can:

- Chop soft fruit like peaches, nectarines, banana, and apricots with a plastic knife.
- Add in different varieties of fruit into the blender.
- Pour 100 per cent fruit juice or water from a cup into the blender.
- Press the blend button on the blender.
- Lightly oil the fruit roll sheet.
- Pour the blenderized fruit onto the fruit roll sheet from a small cup or with assistance from the caregiver. After, the caregiver can use a wooden spoon to make sure it is evenly spread out for drying (about a  $\frac{1}{2}$  inch or 1 cm thickness).

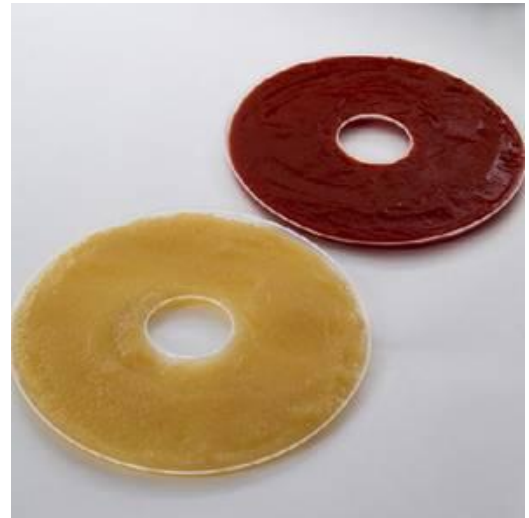
### Banana Rama Time: (6 bananas for 12 children)

- Give each child a bowl and half of a very ripe banana (with lots of brown spots) and let them peel and mash the banana.
- Let each child pour their mashed banana into the blender.
- Let one child press 'blend'.
- The caregiver or another child can add 1/3 cup (80 ml) of 100 per cent fruit juice (any flavour) to the blender and blend again.
- Have one child lightly oil the fruit roll sheet.

- From small cups or with assistance from the caregiver, pour the blenderized fruits onto the fruit roll sheet. After, the caregiver can use a wooden spoon to make sure it is evenly spread to about a  $\frac{1}{2}$ " (1 cm) thickness to dry.
- Dry at 135° F (57° C) for 4-8 hours, or until leathery and pliable.
- Once dry, you're ready to try!

### Fresh Fruit to Fruit Leather:

- Wash fruit.
- Purée fruit in a blender until very smooth; you may need to add a little 100 per cent fruit juice or water to start the blending process.
- Place a fruit roll sheet on the dehydrator tray and wipe lightly with a vegetable oil to prevent sticking. Purée should be evenly spread to about  $\frac{1}{2}$ " (1 cm) thickness to dry.
- Dry at 135° F (57° C) for 4-8 hours, or until leathery and pliable.
- After drying, remove the fruit roll while it is still warm and cut into smaller pieces.



See your dehydrator manual or page 21 of this guide for instructions on making other flavours of fruit rolls.

## Drying Vegetables

Vegetables can be a great choice to use in the dehydrator because it is a new way of preparing them that children may have never seen before. The process of drying may increase acceptance of vegetables because children will have the chance to be involved in the food preparation, observe the changes during dehydration, and be given the opportunity to try to the food.

Dried vegetables can be eaten on their own, broken up and brought home to be cooked with rice, and added to soups, sauces or stews.

### Quick Tip:

**If you can, try to use fresh vegetables in season.**

**Involving Young Children:** tie back long hair, roll up sleeves, and wash hands as a first step in food safety.

### Children can:

- Chop soft vegetables, like tomatoes, with a plastic knife while sitting down at a table.
- Help wash vegetables before slicing.
- Put the cut vegetable slices onto the dehydrator loading trays.

### Yummy Cucumber Chips:

1. Let the children wash the cucumbers and caregivers peel the cucumbers.
2. Let the children slice the cucumbers with a plastic knife, while sitting at a table. Caregivers can assist the children as well as cut some too. If you can, try to have thin slices.
3. Let the children put the slices on the dehydrator trays. Add seasonings such as dried dill if desired.
4. Dry at 135 °F (57° C) until crispy like a potato chip. Try dipping in yogurt dips!



### Fresh Vegetables to Dried Vegetables:

- Select the best quality vegetables at the peak of ripeness and flavour.
- Wash carefully to remove debris, dust and insects.
- Cut away bruised or damaged sections.
- Remove skins and stems.
- Slice. Try to keep most of the slices around the same size for equal drying.

See Appendix B and your operating manual for guidance on dehydrating other vegetables.



## Drying Herbs

Dried herbs can make a great gift for special occasions like Mother's or Father's Day. In addition to basic food preparation skills, drying also introduces children to a variety of herbs that can be used in place of salt to flavour dishes!

### Quick Tips:

- Dill, fennel, garlic cloves, ginger root, ginger leaves, marjoram, thyme are herbs that tend to be easier to dehydrate.
- Small herbs may fly around inside the dehydrator, so just place another screen over the drying herbs to keep them in place.

**Involving Young Children:** tie back long hair, roll up sleeves, and wash hands as a first step in food safety.

### Children can:

- Help wash the herbs.
- Pick the leaves off of the stems.
- Put the herbs onto the dehydrator loading trays.



### Mother's Day Fun: Delicious Dill

1. Let the children wash the dill.
2. Let the children pick the smaller stems off of the main stem. Let the children put the dill onto the dehydrator trays.
3. Dry for 1-3 hours at no higher than 90° to 100° F (32° to 38° C).
4. Once dry, children can pull the dill off the remaining stem onto a piece of wax paper.
5. Draw the wax paper sides together and slide the dried dill leaves into jars for Mom!
6. Optional: make labels for the jars (example below):

**Dried Dill can be used in sauces, gravies, dressings and all other recipes that require fresh dill.**

**One tablespoon (15 ml) chopped fresh dill is the equivalent of 1 teaspoon (5 ml) dried dill.**

See Appendix B and your operating manual for guidance on dehydrating other herbs.

## Activities for Drying Vegetables and Fruit

### Activity #1 Hungry Hikers - A Creative Story Telling Experience

This activity allows children to compare characteristics of fresh produce with dried produce and identify the type of vegetation (tree, vine, bush or plant) that produces it. Emphasize that fruit, vegetables and herbs come from farms, not grocery stores.



#### What you need:

1. Choose a variety of fruit, vegetables, and herbs that are grown from different types of plants to serve fresh and dry. Have enough for the "hiking" activity and to dehydrate after.
  - Trees: apples, plums, apricots, peaches, nectarines, banana.
  - Vines: grapes, kiwi, cucumbers.
  - Bushes: blueberries, raspberries, blackberries, tomatoes.
  - Plants: strawberries, mint, dill, parsley.
2. Print off a coloured picture of the corresponding tree, vine, bush or plant from internet images or cut from gardening magazines.
3. Provide a basket or bag for children to bring the fruit, vegetable or herb they find back for dehydration.

#### How to:

1. Place the pictures around the house or garden. Beside each picture, place some of the washed produce corresponding to the picture.
2. Wash and clean the remaining produce in preparation for dehydration later with the children.
3. Make up a story about a hike to a farm or orchard. Ask the children:
  - Has anyone been to a farm or orchard?
  - What kind of fruit, vegetable or herb might they grow there?
4. Take the children on the "hike." When they get to the first picture, ask if anyone recognizes the produce and ask them to guess if it comes from a tree, vine, bush or low-growing plant.
5. Have children collect the fruit, vegetable or herb into the basket or bag.
6. Continue until all the produce has been collected. Return to the kitchen and have children prepare the produce for dehydration. Keep one piece of each fresh fruit, vegetable or herb for the follow-up activity.
7. The following day, for snack time, bring out the dried produce, fresh corresponding produce, and the pictures of the tree, bush, vine or plant. Ask the children:

- Can you point to which fresh fruit, vegetable or herb the dried version belongs to?
- Which type of plant does that fruit, vegetable or herb grow upon - a tree, bush, vine or plant?
- How does it feel or smell?
- How does it taste?
- Where did the water go?

**Quick tip:**

- Save and label some dried produce for future activities.
- Place dried produce in clear jars with the picture of the fresh fruit growing on the corresponding tree, bush, vine or plant.

**Literacy Links:**

*Grapes to Raisins*

Author: Inez Snyder;

ISBN: 0516255282

*I am an Apple*

Author: Jean Marzollo

ISBN: 0590372238

**Activity #2 Making Stone Soup or Bean Bag Chowder**

This is an excellent all year round activity to have the children recall the amazing variety of vegetables produced over the growing season. Children can use dried vegetables and herbs they may have made earlier to add to, or make up, a soup. This activity introduces children to another way to use dried produce other than as a snack.



**What you need:**

1. Refer to the recipe for Stone Soup, Food Flair™, p. 146, or Bean Bag Chowder, Food Flair™, p. 167.
2. A variety of dried vegetables and herbs that the children have dried previously.
3. The corresponding fresh vegetable and herb

so the children can recall what the fresh produce looked like. If fresh is not available, use a picture.

**How to:**

1. On a table or clean beach towel, lay out the fresh vegetables and herbs.
2. Give each child a sample of the dried vegetable or herb.
3. Have each child take a turn trying to match their dried vegetable or herb with the corresponding fresh vegetable or herb. This can also be done as a group exercise with the children coaching the caregiver, or children can work in pairs. Talk about how the dried version is different than the fresh one.

4. Place a soup pot onto the center of the table or beach towel.
5. Tell the children the traditional story of Stone Soup. Each child can take turns putting their dried vegetable or herb into the pot and taking a turn stirring.
6. Once the story is done, finish assembling the soup to cook for eating later together at mealtime.
7. Great conversations can occur around the table:
  - Ask the children what other things could go into soup? For example, whole grains, meat, cheese and spices.
  - Ask children what other kinds of vegetable soups they may have tried? For example, tomato, potato, and mushroom soup.
  - Ask the children what letter of the alphabet (or letter sound) each vegetable or herb name starts with.

**Quick Tips:**

- Use alphabet pasta in the soup and have children look for the first letter in their name.
- Hot soup may cause burns, so cool the soup before serving by stirring in some salt free broth frozen into cubes.

**Literacy Links:**

*I Will Never, Not Ever, Eat a Tomato*  
*We Like to Eat Well*  
*We Like to Help Cook*  
*Stone Soup*

Author: Lauren Child  
 Author: Elyse April  
 Author: Marcu Allsop  
 Author: Ann McGovern

ISBN: 0763611883  
 ISBN: 1890772690  
 ISBN: 1935826050  
 ISBN: 0590068806

**Activity #3 Farmers' Market Tour**



There are many environmental and economic benefits to buying more locally grown food. For children, Farmers' Markets allow them to see seasonal produce, and explore the bounty, variety, and flavour of the farms, orchards and market gardens in their area! Some of the children may have their own gardens at home and recognize the same vegetables at the market. As they see and try new vegetables and

meet their local farmers, you may inspire them to have a container garden, plant their own row in a backyard garden, or participate in a Community Garden with their parents.

### What you need:

1. Refer to the BC Farmers Market website or pages 44 and 45 in the Food Flair™ manual to see what is available at different times of the year.  
<http://www.bcfarmersmarket.org/fresh-market/what's-season>
2. Locate and find the hours of operation of your local Farmer's Market.
3. Decide what fresh produce may be available that could be purchased and dehydrated in one of the activities described in this guide or from other references.

### How To:

1. During a visit to the Farmers' Market have the children point out produce they know.
2. Show them a vegetable or fruit and ask them questions about the smell, colour, or shape.
3. Let them feel the exterior texture or how heavy a vegetable may be.
4. Ask the children if they have ever grown any vegetables they see at the market.
5. Have the children ask the farmer which is his, or her, favourite vegetable.
6. When you return back to the daycare, dry most of the purchased produce, but save enough of the fresh produce to allow the children to compare fresh with dried.
7. Allow the children to try the fresh produce, followed by the dried produce, which you may need to rehydrate.



#### Quick Tip:

Bring wet face cloths or wipes to clean hands dirty hands. Bring hand sanitizer to sanitize hands after children have handled fresh produce.



## Recipes

### Granola

Makes: roughly 4 cups (1 Liter)

#### Ingredients:

- 2 cups (500 ml) large-flake rolled oats
- 1 teaspoon (5ml) cinnamon
- $\frac{1}{2}$  teaspoon (2.5 ml) nutmeg
- $\frac{1}{2}$  teaspoon (2.5 ml) salt
- 3 Tablespoons plus 1 teaspoon (45 ml + 5ml) canola oil
- $\frac{1}{4}$  cup (60 ml) honey
- $\frac{1}{4}$  cup (60 ml) brown sugar
- 1 teaspoon (5 ml) pure vanilla extract
- $\frac{2}{3}$  cup (165 ml) seeds (e.g. pumpkin, sunflower)
- $\frac{2}{3}$  cup (165 ml) dried fruit (like raisins, pineapple, dates, cherries, craisins, apples)

#### Directions:

1. Preheat oven to 325° F (160° C) and cover a cookie sheet with parchment paper.
2. In a large bowl, toss everything together EXCEPT the dried fruit and seeds (these will be added throughout the baking process).
3. Spread the granola mixture on the cookie sheet and gently pat down, being careful not to spread it out too much.
4. Bake for 15 minutes and then use a spatula to gently flip the granola over. It's ok if some pieces break. Sprinkle with seeds and return to the oven for another 10-13 minutes.
5. Remove from oven and **cool completely** in the pan. Use your hands to break up the granola and add the dried fruit.
6. Enjoy. Store leftovers in an airtight container and put into the freezer.

#### Kids in the Kitchen:

- Get children to fill measuring cups/spoons with dry or wet ingredients.
- Get children to mix everything together with a wooden spoon.
- Get children to gently pat down the granola with a spoon.
- Let children mix in the dried fruit once the granola has baked.

## Nut Free Trail Mix

Makes: 3 cups (750 ml)

### Ingredients:

- 1 cup (250 ml) chopped dried fruit (try to include a few different varieties like dried apples, raisins, craisins or dates)
- $\frac{1}{4}$  cup (60 ml) mini chocolate chips (a little goes a long way)
- 1 cup (250 ml) unsalted sunflower or pumpkin seeds
- 1 cup (250 ml) granola (see recipe), pretzel sticks, or whole grain cereal

### Directions:

1. Mix all together and store in an airtight container.

### Kids in the Kitchen:

Get them to fill measuring cups with ingredients, pour into a bowl and mix!

## Fruit Roll Ups

1. Choose one of the following recipes.
2. In a blender mix all ingredients until puréed.
3. Pour onto the fruit roll sheets, dry at 135° F (57° C) for 4 to 8 hours or until leathery and pliable.
4. Remove from sheets while still warm. Let cool and roll in plastic wrap and store appropriately.

### Orange Julius:

- 1 and  $\frac{1}{2}$  cups (375 ml) applesauce
- 1 small apple, washed, peeled, cored and chopped
- 2 teaspoons (10 ml) dried orange, ground
- 1 and  $\frac{1}{2}$  teaspoons (7.5 ml) vanilla

### Strawberry:

- 1 quart (4 cups or 1 L) of strawberries, washed, and cored
- $\frac{1}{2}$  a lime, peeled and quartered (optional)
- 2 teaspoons (10 ml) honey

### Banana:

- 2 bananas, cut into pieces
  - 2 Tablespoons (30 ml) honey
  - 8 oz (250 ml) vanilla yogurt
- (It may take longer to dry using yogurt than other fruit rolls. Store in refrigerator when dry.)



**Banana Rama:**

6 ripe bananas, peeled and cut into pieces

1 orange, peeled and quartered or 1/3 cup (80 ml) 100 per cent fruit juice (any flavour)

**Kids in the Kitchen:**

- Let children wash fruit, or help peel and chop soft fruit.
- Get children to fill measuring cups or spoons with wet ingredients.
- Get children to mix everything together with a wooden spoon.
- Get children to gently smooth the mixture over drying sheets.
- Let children help clean-up.

**Critters on a Log (for School-age children)**

Makes 9 pieces

3 stalks of washed celery; cut each into 3-inch (7.5 cm) lengths

3 Tablespoons (45 ml) of cream cheese

$\frac{1}{4}$  cup (60 ml) pieces of dried fruit, about the size of a raisin

1. Give each child 1 or 2 pieces of celery.
2. Have them spread cream cheese along the curved side of the celery.
3. Children can place pieces of dried fruit along the length of the cheese filled trough.
4. These pieces of fruit represent the "critters"

**Kids in the Kitchen:**

- Let children wash the celery.
- Get children to spread cream cheese.
- Get children to break apart whole pieces of dried fruit into smaller pieces.
- Let children help clean-up.

## Appendix A Cleaning and Sanitizing of Dehydrators and Accessories

### How to Clean Your Dehydrator:

Do not clean any parts with metal objects, scouring pads, or sharp utensils as they will damage the unit.

### Trays:

**CAUTION:** if using a dishwasher to clean the trays, remove them **before** the drying cycle of the dishwasher begins **to prevent warping**, or

- Soak trays in warm water with a mild detergent for several minutes.
- If food is sticking to trays, use a soft bristle brush to loosen food particles.
- Wash in warm, soapy water.
- Rinse in warm water. Then, immerse in a sanitizing solution for 2 minutes to sanitize. Sanitizing solution for immersing trays can be made by mixing  $\frac{1}{2}$  teaspoon (2 ml) bleach/Litre water to create a concentration of 100 ppm.
- Allow to air-dry.

### Base:

**CAUTION:** Do not wash base in dishwasher!

- Wash after it has been removed from the unit.
- Wash in warm, soapy water and wipe it clean with a soft cloth.

### Top Mounted Power Unit:

**CAUTION:** Be sure unit is unplugged from electrical outlet before cleaning.

**CAUTION:** DO NOT immerse in water or wash in the dishwasher.

**CAUTION:** DO NOT disassemble any part of the power unit, this will void the warranty.

- Use a damp cloth to remove dried food particles from the top mounted power unit of the dehydrator.
- Avoid dripping any liquid into electrical parts.

### How to Sanitize Your Food Dehydrator:

Dehydrator parts which do not get washed and sanitized as outlined above will be cleaned and sanitized differently. After cleaning the separate parts of your dehydrator, follow these steps to sanitize the individual dehydrator parts:

### Bleach Sanitizer:

- Combine 1 teaspoon (5 ml) of bleach with 1 Litre of water in a labeled spray bottle to prepare a 200 ppm bleach solution.
- After cleaning, spray sanitizer on the surface and let stand for 2 minutes.
- Allow to air dry, or after waiting two minutes, wipe with clean disposable paper towels.

## Appendix B Common Fruit, Vegetable and Herb Drying Guide

### Storing Dried Food:

If you are going to store dried foods, make sure to store them in airtight, moisture proof containers and place in the refrigerator or freezer. For more information on storage, see your operating manual.

Food	Average Drying Time (hours)	Average Temp (F) & (C)	Preparation	Uses
<b>Fruit</b>				
Apples	4-10	130°-140° F (54°-60° C)	Pare, core, cut in 3/8" (1 cm) slices. Pre-treat.	Applesauce, pies, cobblers, rings, snacks, breads and cookies
Apricots	8-16	130°-140° F (54°-60° C)	Cut in half, remove pit and cut in quarters. Pre-treat.	Desserts, muesli, meat dishes, pies and sauces
Bananas	6-12	130°-140° F (54°-60° C)	Peel, cut in 3/8" (1 cm) slices or divide lengthwise.	Snacks, baby food, granola, cookies, and banana bread
Blueberries	10-18	130°-140° F (54°-60° C)	Remove stems. Dip in boiling water until skins crack.	Breads, baked goods, snacks, ice cream, yogurt
Canned Fruit	6-12	130°-140° F (54°-60° C)	Drain well. If small, place on mesh screen.	Snacks, breads, granola
Cherries	18-26	130°-140° F (54°-60° C)	Remove stems and pit.	Breads, baked goods and snacks
Cranberries	10-18	130°-140° F (54°-60° C)	Remove stems. Dip in boiling water until skins crack.	Breads, baked goods, snacks, ice cream, yogurt
Grapes	10-36  6-10	130°-140° F (54°-60° C)	Leave whole, remove stems.  If blanched.	Raisins; use in baked goods, cereals, granola, snacks, yogurt
Kiwi	5-12	130°-140° F (54°-60° C)	Peel, slice 3/8" to 1/2" (1 cm) thick.	Snacks
Melons (do not use cantaloupe)	8-20	130°-140° F (54°-60° C)	Remove skin and seeds. Slice 1/2" (1 cm) thick.	Snacks
Nectarines	6-16	130°-140° F	Quarter or slice	Snacks, desserts

Food	Average Drying Time (hours)	Average Temp (F) & (C)	Preparation	Uses
		(54°-60° C)	3/8" to 1/2" (1 cm) thick. Pre-treat.	and baked goods
Oranges, tangerines	2-12	130°-140° F (54°-60° C)	Slice 1/4" (1 cm) thick.	Snacks, baking
Peaches	6-16	130°-140° F (54°-60° C)	Peel if desired. Halve or quarter. Pre-treat.	Snacks, breads, cobblers, cookies and granola
Pears	6-12	130°-140° F (54°-60° C)	Peel, core, and slice 3/8" (1 cm) thick. Pre-treat.	Snacks, breads, cookies, fritters and granola
Plums/Prunes	8-16	130°-140° F (54°-60° C)	Halve or quarter and remove pit.	Snacks, cookies, muffins, bread and granola
Strawberries	6-12	130°-140° F (54°-60° C)	Halve or slice 1/2" (1 cm) thick.	Snacks, cereal and baked goods
<b>Vegetables</b>				
Beans Green or Wax	6-12	130°-145° F (54°-63° C)	Remove ends, cut into 1" (2.5 cm) pieces. Blanch.	Stews, soups and casseroles
Broccoli	4-10	130°-145° F (54°-63° C)	Cut as for serving. Blanch.	Soups, quiche, or soufflés, cream or cheese sauce
Carrots	6-12	130°-145° F (54°-63° C)	Peel, cut ends, slice in 3/8" (1 cm) thick or shred. Blanch.	Salads, soups, stews and carrot cake/muffins
Cauliflower	6-14	130°-145° F (54°-63° C)	Cut as for serving. Blanch.	Soups, stews
Celery	3-10	130°-145° F (54°-63° C)	Trim and cut 1/2" (1 cm) slices. Blanch in solution of 1/2 teaspoon (2.5 ml) soda to 1 cup (250 ml) water.	Soups, stews, sauces
Corn	6-12	130°-145° F (54°-63° C)	Husk, remove silk and blanch. Remove from cob.	Fritters, soups, stews, or grind for cornmeal
Peas	5-14	130°-145° F (54°-63° C)	Shell and blanch.	Soups, stews, and mixed vegetables
Peppers	5-12	130°-145° F (54°-63° C)	Remove stem and seeds. Cut into 1/2"	Soups, stews, and mixed vegetables

Food	Average Drying Time (hours)	Average Temp (F) & (C)	Preparation	Uses
			(1 cm) pieces.	
Potatoes	6-12	130°-145° F (54°-63° C)	Use white potatoes. Peel and slice 3/8" (1 cm) thick. Blanch.	Stews, soups, and casseroles
Tomatoes	6-12	130°-145° F (54°-63° C)	Slice 3/8" (1 cm) circles or dip in boiling water to loosen skins, halve or quarter.	Soups, stews, sauces.
Zucchini or squash	5-10	130°-145° F (54°-63° C)	Remove ends and slice 3/8" (1 cm) thick or grate. Steam if you plan to rehydrate.	Breads, chips with dip, soups and casseroles (1 week shelf life)
<b>Herbs</b>				
Basil leaves (break veins and stems to aid drying)	20-24	90°-100° F (32°-38° C)	Clip leaves 3 to 4 inches (7.5-10 cm) from top of plant just as first buds appear, pat dry.	Italian and Mediterranean dishes, tomato dishes, meal, salads, soups, fish, poultry and egg dishes
Chive leaves	20-24	90°-100° F (32°-38° C)	Chop, rinse in cold water, pat dry.	Mild onion flavour, use in moist recipes
Cilantro leaves	15-18	90°-100° F (32°-38° C)	Clip with stems. Rinse in cold water, pat dry.	Mexican, Chinese, & Mediterranean dishes
Dill leaves	1-3	90°-100° F (32°-38° C)	Rinse in cold water, pat dry.	Salads, vegetables, potatoes and fish
Mint leaves	20-24	90°-100° F (32°-38° C)	Rinse in cold water, pat dry.	Sauces, mint jelly and lamb dishes
Oregano leaves	15-18	90°-100° F (32°-38° C)	Rinse in cold water, pat dry.	Italian, Greek, Mexican & tomato dishes
Parsley leaves/stem	20-24	90°-100° F (32°-38° C)	Rinse in cold water, pat dry.	Powder, use leaves for flakes
Rosemary leaves	20-24	90°-100° F (32°-38° C)	Rinse in cold water, pat dry.	BBQ sauces, meat, egg dishes, vegetables

## Appendix C Where to Purchase Local Foods

Sourcing Local Food	Link
MarketPlace BC	<a href="http://www.marketplacebc.ca/find-local-products">http://www.marketplacebc.ca/find-local-products</a>
BC Farmer's Market	<a href="http://www.bcfarmersmarket.org">http://www.bcfarmersmarket.org</a>
Food Action Society of the North Okanagan	<a href="http://foodaction.ca">http://foodaction.ca</a>
Central Okanagan Food Policy Council	<a href="http://www.okanaganfood.com">http://www.okanaganfood.com</a>
Kamloops Food Policy Council	<a href="http://kamloopsfoodpolicycouncil.com">http://kamloopsfoodpolicycouncil.com</a>
West Kootenay Food Directory	<a href="http://nklcss.org/fsdir.php">http://nklcss.org/fsdir.php</a>
Groundswell Network Site	<a href="http://groundswellnetwork.ca">http://groundswellnetwork.ca</a>
Cranbrook Food Action	<a href="http://www.cranbrookfoodaction.com/about-us.php">http://www.cranbrookfoodaction.com/about-us.php</a>
Creston Valley Food Action Coalition	<a href="http://www.crestonfoodaction.ca/site/">http://www.crestonfoodaction.ca/site/</a>