KANSAS STATE UNIVERSITY | Extension Wildcat District

FOR IMMEDIATE RELEASE

For more information, contact Debbie Steed
Health and Nutrition Program Assistant, Wildcat Extension District
dsteed@ksu.edu, 620-331-2690

Benefits of Food Dehydration

Dehydrating food is one of the oldest methods of food preservation and remains popular today. The process removes moisture from food, making it difficult for bacteria and mold to grow. As a result, dehydrated foods can last much longer than fresh foods when stored properly.

One of the biggest advantages of dehydrating food is reducing waste. Instead of throwing away excess produce, people can preserve it for future use. Apples, bananas, tomatoes, and herbs are commonly dehydrated and can be enjoyed months later; during the holidays, citrus is commonly dehydrated for decoration.

There are several ways to dehydrate food, including using a food dehydrator, setting an oven to a low temperature with the door cracked for air circulation, or air-drying certain herbs. Proper preparation and storage are important for maintaining quality and preventing spoilage. Dehydrated items should be in airtight containers in a cool, dry place.

When done correctly, dehydrated foods are convenient and nutritious. Food dehydration is a simple, cost-effective way to extend the shelf life of foods and enjoy seasonal produce year-round.

For more information, please contact Debbie Steed, Health and Nutrition Program Assistant, dsteed@ksu.edu or call 620-331-2690.

# # #

K-State Extension is a short name for the Kansas State University Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the wellbeing of Kansans. Supported by county, state, federal and private funds, the program has county extension offices statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu.

K-State Extension is an equal opportunity provider and employer