

Food Dehydrators — Another Way To Preserve Food

LOU ANN GOOD

Lancaster Farming Staff
LEBANON (Lebanon Co.) —

Drying foods may not be an exact science, but with the tips, recipes, and information offered by Alletta Schadler, Lebanon County extension director, dehydrating foods will taste better and be easier to do.

Two workshops were held recently at the Lebanon County Extension Service, where several items were available for sampling.

For those who have not picked out a food dehydrator, studies show that a model should include a fan to move the air around and eliminate moisture as quickly as possible. The dehydrators have several shelves that stack on each other. Some units are sold as a base starter and additional shelves may be added as desired.

Drying times depend upon the moisture in the food, the thickness and quantity of food, and surrounding humidity conditions.

Food must be dried completely to keep food at room temperature. If it is not stored in air-tight containers, food may pick up moisture in the air and spoil or mold.

Package food in air-tight plastic bags and refrigerate for longer storage. Freeze if you want to keep the food beyond two to three weeks.

To keep fruits from browning during drying, Schadler said, "Buy the cheapest brand of vitamin C available. Dissolve 3,000 mg of vitamin C in 1 quart of water. Soak fruit such as apples or peaches in the mixture. Blot dry, and place in dehydrator."

She, and many others, do not mind eating browned fruit. In fact, many think the browned food tastes more appealing.

Apples that are peeled, cored, and sliced 1/4-inch thick takes between 6 to 12 hours in a dehydrator. To test for doneness, squeeze slice in hand. If the apple slice springs back or unfolds, it is dry.

Fruit should be firmly ripe for best drying results.

When using bananas, use solid yellow or slightly brown-flecked bananas. Avoid bruised or over-ripe bananas. Peel and slice 1/4-inch to 3/8-inch thick, crosswise or lengthwise. Dip into mixture of 1 tablespoon lemon juice, 1/4 cup honey, and 1/4 cup water or ascorbic acid or pineapple juice. Dry 8 to 10 hours in dehydrator.

When using pears, peel, core, and slice 1/4-inch thick. It takes between 24-36 hours in dehydrator.

Several books are available on dehydration. One of those available is "So Easy To Preserve," published by the Cooperative Extension. For a copy, send \$10 to the Cooperative Extension at the University of Georgia, Athens, GA 30602.

Family Of Cousins Compete

(Continued from Page B17)

has built up her own prize-winning herd. She also does well with her own Guernseys.

Aaron would be happy if she forgot the Jerseys.

Snider's Homestead also has a few Holsteins.

Amber, 13, the cousin from up the road, showed a Junior Champ, two reserve Junior Champs, and two Reserve Grand Champs, all Guernseys, between the Bedford County Fair and the Morrison's Cove Dairy Show.

Jan and Kristi do well with their

BEEF JERKY

1 1/2 pounds lean ground beef
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
2 teaspoons brown sugar
1/4 teaspoon freshly ground pepper
1 1/2 teaspoons salt
1/4 teaspoon liquid smoke, if desired

Crumble ground beef into mixing bowl. Add remaining ingredients; mix thoroughly.

Form mixture into a ball. Divide into quarters. Place one quarter at a time on 7-inch wide strip of waxed paper. Stretch meat to form log shape the length of paper. Top with another 7-inch strip of waxed paper. With rolling pin, carefully roll to evenly spread meat to cover surface paper. Remove top piece of waxed paper. With sharp scissors, cut strips of jerky on paper into 1/4-inch wide strips. Turn jerky-side-down onto drying trays, keeping meat in a single layer. Peel off paper. When trays are filled, set dehydrator at highest setting (145 to 150 degrees) for 3 to 4 hours or until jerky is leathery but not crisp, turning jerky over once. Cool jerky between paper towels to absorb surface fat. Refrigerate or freeze.

BEEF AND POULTRY JERKY MARINADES

The following marinades are especially good for beef and poultry jerky recipes. These marinades can be used for 3 to 4 pounds of beef or poultry.

Teriyaki Marinade

1 cup soy sauce
2 crushed garlic cloves
2 teaspoons crushed or ground ginger root
2 tablespoons brown sugar
1 teaspoon pepper
Combine and mix the above ingredients.

Barbecue Sauce Marinade

1 tablespoon oil
1/4 cup dried onion flakes
1/4 teaspoon dried garlic, powdered
1/2 teaspoon salt
1/2 teaspoon chili powder
1/2 teaspoon dry mustard
2 1/2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
8-ounces tomato sauce or 2 tablespoons tomato powder plus 1 cup water
1/4 cup dry red wine vinegar
1/4 cup lemon juice
Saute onion flakes in vegetable oil. Stir in garlic, salt, chili powder, dry mustard, and brown sugar; add the Worcestershire sauce, tomato sauce, vinegar and lemon juice, stir well. Bring mixture to boil and simmer for 5 minutes. Cool. Makes 2 cups marinade.

Guernseys which are also a part of the Snider Homestead Farm.

Nora, Greta, and Ross stick to the Holsteins, a tradition at Singing Brook.

Snider's Homestead, founded in 1892, has 250 cows milking about 90.

Singing Brook, which broke off from Snider's, was founded in 1941. They have more than 400 Holsteins and milk about 175.

All of the cousins belong to the Southern Cove 4-H Club. "In fact, we are just about all of the club,"



Participants at the workshop on dehydrating foods check out samples and products available for drying foods.

APRICOT-CHERRY LEATHER

1 cup apricots
1/2 cup cherries
Honey or sugar to taste
Puree apricots with a small amount of water. Add cherries and sweetener; blend and pour onto parchment paper or plastic wrap. Dehydrate until leathery.

CRANAPPLE LEATHER

1 cup apples, chopped
1/2 cup cranberries
Honey or sugar to taste
Puree apples in blender with a small amount of water. Add cranberries and sweetener if desired. Pour on kitchen parchment paper or plastic wrap covered dehydrator trays and dry at 135 degrees until leathery.

CHEWY FRUIT ROLLS

Use any fruit leather recipe. Dehydrate at 135 degrees until tacky. Remove from parchment paper or plastic wrap and sprinkle with coconut on top with melted carob, thinly spread peanut butter or cream cheese. Roll tightly and cut into finger-sized lengths. Keep refrigerated. Fruit rolls are great as a snack or lunch box treat.

SWEET AND SOUR MARINADE

1 cup pineapple juice
1/2 cup lemon juice
1/2 cup red wine vinegar
2 tablespoons soy sauce
1 tablespoon onion flakes
1 tablespoon brown sugar
1/2 teaspoon garlic
1/2 teaspoon peppers
1/2 teaspoon oregano
Combine and mix the above ingredients.

BANANA-PEANUT BUTTER LEATHER

4 cups ripe bananas (pureed)
1 cup old-fashioned peanut butter
1 teaspoon vanilla
Blend banana puree, peanut butter, and vanilla together. Spread mixture onto parchment paper or plastic wrap and dry until leathery. To create peanut butter candy bits, pour melted chocolate or carob chips over the dried leather, roll up, and cut into 1-inch pieces. Serve as natural candy.

LANCASTER FARMING'S CLASSIFIED ADS GET RESULTS!



Lancaster Society 18

Farm Women Society #18 had an attendance of 21 at their August 19 meeting with Verna Noll as

laughs Greta. "We hold most of the offices."

Aaron, Jan, Kristi, and Amber are in the Northern Bedford County FFA. Ross belongs to FFA at Chestnut Ridge.

Jan, Amber, and Aaron have all participated in the All American Show at Kentucky.

The cousins attend the Morrison's Cove Dairy Show, the Bedford County Fair and the Pennsylvania State Farm Show.

"We work hard but we do have fun," beams Kendy who is known for her fabulous smile.

Lancaster Society 1

Lancaster Farm Women Society 1 met at the David Fyock home on Saturday afternoon Aug. 5. Hostesses were Julia Zahn and Anne Landis.

Fay Garman led in devotions by talking about summertime, reading John 15 and closing with "The Lord's Prayer."

Julia Zahn introduced speaker Kity Yohn, the former Catherine Lefever.

Mrs. Yohn shared with us spiritual advice for the living of these years. She is an inspirational

speaker.

President Viola Wolf conducted the business meeting. Dates to be remembered:

Friday, Oct. 13 - Farm Women's Day at Willow Valley. Breakfast brunch is from 9 to 11:30.

Nov. 4 is County Convention at Farm and Home Center.

Thurs., Dec. 14 is Christmas meeting at Country Table.

The next meeting is to be held at Edna Shearer's home on Sept. 2.

Berks Society 4

Members of Berks County Society of Farm Women Group 4 traveled to Loysville, Perry County, for their August meeting in the home of Verna and Charles Taylor.

Following a short business meeting conducted by President Virginia Taylor, a picnic lunch was enjoyed. The afternoon was spent doing crafts, playing games, and having good fellowship.

A pound auction will be held at the September 5 meeting at the home of Elsie Rothenberger, Powder-mill Hollow Road, Boyertown.

BUY, SELL, TRADE OR RENT THROUGH THE
CLASSIFIED ADS
PHONE: 717-626-1164 or 717-394-3047