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Dehydrating Food: The Ultimate Guide

Kimberly Hansan

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The Ultimate Food Dehydration Guide

Food dehydration delivers the vast majority of foods with the same vitamins and minerals as their fresh counterparts, in a remarkable array of concentrated flavors, nutrients and enzymes. According to health professionals, "The dehydration process retains almost 100% of the nutritional content of the food, retains the alkalinity of fresh produce and actually inhibits the growth of microforms such as bacteria." The shriveled state of dehydrated vegetables may make them seem less appetizing than their fresh or frozen cousins at first glance. However, drying vegetables for later use is one of the oldest and easiest methods of food preservation.

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