



The DIRT Society

Fruit and Vegetable Dehydration Chart

Food	Treatment	Size	Time to Dry*	Tips	Alternate Methods
Apples	Remove Core and slice. Peeling optional. Blanching optional.	1/8" or 1/3 cm	6 - 12 hours		Hang by food-safe twine strung through center of cored apple rings.
Apricots	Pit and halve fruits.	Vary	24 - 36 hours	Slice to reduce processing time.	
Asparagus	Split stalks into halves. Blanching recommended.	Vary	4 - 6 hours		
Bananas	Slice into coins or sticks. Do not blanch.	1/4" or 2/3 cm	8 - 10 hours	Best before over-ripe or bruised.	
Beans (Green)	Remove strings if desired. Blanching recommended.	Vary	8 - 14 hours	Halving lengthwise may save time, but some beans may be loosed from pod.	
Beets	Boil until cooked through. Peel and cut into strips or coins.	1/4" or 2/3 cm	10 -12 hours	Choose young, tender beets.	
Blueberries	Remove Stems. Blanching optional to "crack" skins.	Vary	24 - 36 hours		
Broccoli	Quarter stalks lengthwise. Blanching recommended.	Vary	12 - 15 hours	If stalks are large, cut into smaller pieces or rehydrate for a longer period.	
Brussels Sprouts	Halve through stem. Blanching recommended.	Vary	12 - 18 hours		

Carrots	Rinse well. Peeling optional. Cut into coins or strips.	1/4" or 2/3 cm	10 - 12 hours	Carrots will be tough, requiring rehydration. If desired, slice thinly for dry snacks.	
Cauliflower	Break or cut as if serving. Blanching recommended.	Vary	12- 15 hours		
Celery	Cut celery into strips. Gentle blanching optional.	Short pieces with a width of 1/4" or 2/3 cm	10 -16 hours		Celery leaves can be dried separately, as an herb.
Cherries	Remove stems and pits. Blanching optional to "crack" skins.	Vary	24 - 36 hours	Halve or chop to reduce processing time.	
Corn	Remove husk, stem and strings. Blanch whole. Cut kernels from body.	Vary	6 - 10 hours	Check kernels after blanching. Milk should be "set", meaning that kernels should not excrete any sweet, milky juices when cut.	Popcorn is dried on the stalk. Kernels should be hard and husks completely dry before harvesting.
Cranberries	Remove Stems. Blanching optional to "crack" skins.	Vary	24 - 36 hours		
Figs	Blanching optional.	Vary	6 - 12 hours	Halve to reduce processing time. Dry with skin-side down.	
Garlic	Peel individual cloves. Chop or slice.	Vary	6 - 8 hours	Dehydrate garlic separate from other foods and wash materials thoroughly afterwards. Drying garlic is very pungent.	Cure garlic heads whole and hang in dry, cool environment for long-term storage.

Grapes (Raisins)	Remove Stems. Blanching optional to "crack" skins.	Vary	12 - 20 hours	Use seedless grapes or halve and remove seeds.
Kiwi Fruit	Peel, rinse off residues, and slice.	1/4" or 2/3 cm	10 - 12 hours	
Leafy Greens	Cut into smaller pieces or dry whole.	Vary	8 - 10 hours	Lightly season with oils or salt for a snack. Will not need to be rehydrated if cooked.
Mushrooms	Cut off tough area of stem. Peel larger mushrooms if desired.	Vary	8 - 10 hours	Slice to reduce processing time. Toxicity will not change once dried.
Nectarines	Halve and remove pit.	Vary	About 36 hours	
Okra	Cut into coins. Blanching recommended.	1/4" or 2/3 cm	8 - 10 hours	
Onions	Remove papery outside layers, roots and top. Slice.	1/4" or 2/3 cm	3 - 9 hours	Mince to reduce processing time. Will be pungent while drying, so keep separate.
Papaya	Peel, remove seeds and slice.	1/4" or 2/3 cm	14 - 16 hours	
Parsnips	Remove root and top. Cut into coins or sticks. Blanching recommended.	1/2" or 1 1/3 cm	10 - 12 hours	
Peaches	Halve and remove pit.	Vary	About 36 hours	
Peas	Shell. Blanching recommended.	Vary	8 - 10 hours	
Pears	Remove Core and slice. Peeling optional.	1/4" or 2/3 cm	24 - 36 hours	
Peppers (Bell)	Remove stems, seeds and white, fleshy partitions. Slice into rings or sticks.	1/2" or 1 1/3 cm	8 - 12 hours	

Peppers (Spicy)	Remove stems and slice into rings.	1/2" or 1 1/3 cm	8 - 12 hours	Keep in well ventilated space. Peppers are pungent and may irritate skin and eyes.	Hang whole or lay flat to dry outside.
Pineapples	Remove skin and any woody spots. Slice into coins or smaller sections.	1/2" or 1 1/3 cm	24 - 36 hours		
Plums	Remove pit and halve if desired.	Vary	About 36 hours		
Potatoes	Peel and slice into coins or sticks. Blanching recommended.	1/4" or 2/3 cm	8 - 12 hours		
Soybeans	Blanching recommended. Shell.	Vary	8 - 10 hours		
Squash (Autumn/Winter)	Remove skin, stem, seeds and fibers. Slice.	1/8" or 1/3 cm	10 - 16 hours		
Squash (Summer)	Remove woody top and stem. Slice.	1/4" or 2/3 cm	10 - 12 hours		
Strawberries	Remove stems and cut into halves.	Vary	About 24 hours		
Tomatoes	Blanch or steam to loosen skins. Peel and slice.	3/4" or 2 cm	10 - 18 hours	Smaller tomatoes can be dried whole or in halves.	

*Time to dry is relevant when using an electric dehydrator or a ventilated oven that maintains temperatures at or around 135°F, 57°C. When using a solar dehydration system, processing time will be greater, as will variance.