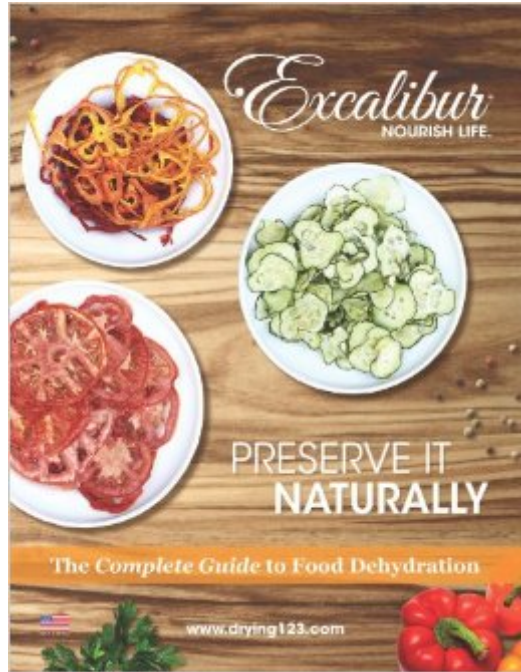


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# Preserve It Naturally: A Complete Guide To Food Dehydration



## Synopsis

4th. Edition - Softback - 8 1/2 x 11 - 192 pages - Full Color This is our New Edition complete with a Chapter on Raw and Living Foods and more Recipes... Recipes for raw foods, hot/cold appetizers, soups, salads, main/side dishes, sauces, beverages, desserts, snacks, trail mixes, breads, and more. Everything you wanted to know about dehydration and more can be found in this informative book. Chapters on fruits, vegetables, meats, fish, herbs, nuts, grains, dairy products, crafts, cake decorating, potpourri, sachets, macrame beads, dough art, wreaths, raw and living foods and much more.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #178,488 in Books (See Top 100 in Books) #29 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators](#)

## Customer Reviews

Good book on giving times and temperatures to dehydrate all foods. Shows which fruits/vegetables are more a likely candidate to dehydrate. Gives a lot of helpful hints. If you purchase an Excalibur dehydrator, this is the book for you. It is written by those who make that dehydrator. Provides instruction on re-hydrating foods. Gives recipes also.

We got this to go along with our new Excalibur dehydrator, and it is great - complete guide and background into the dynamics of selection, preparation, and storing of dehydrated fruits, veggies, herbs, spices, meats, ...well, anything! It includes timings for various zones in the U.S. based on relative humidity as a means of helping you gauge how long each type of food might need to reach full dryness, though of course seasonalities and other conditions affect it - which it discusses in detail. In short, a great reference guide.

As a chef instructor at a high school level skills center, we always enforce "use it or lose it". Since I have made jerky long before entering the culinary field and occasionally dried my own herbs, I really wanted to expand. I bought the Excalibur dehydrator and I've been absolutely thrilled with the performance. Having this book to go with it is a boon! Just recently, in my own refrigerator, I had a fair amount of spinach which was about to be on its last legs. Not having anything in mind for the product I thought about drying it. Since my family is a family of hikers and backpackers, dehydrated food in the house is nothing new. Anyway, I checked out the book, found the page on spinach, set the dials and timer accordingly and let 'er fly. Now I'll say this. The spinach wasn't totally dried according to the original plan. But that's what this is all about, learning! I added a few more hours, turn the heat up one notch and let 'er rip. This time my seven trays of spinach dried to a nice crisp, chip-like consistency. I'm impressed! Being that this is a long weekend and we've been cutting back on our uses of fresh herbs, I brought home some fresh oregano and fresh thyme. My dining room, where the dehydrator is located, has this wonderfully herby smell to it right now. This book is fantastic. It gives you the predicted times and heat levels for your dryer. I would certainly venture to say this book would be useful to people who don't own the Excalibur brand but want more accurate information. Yes, as someone has mentioned, the internet is GLUTTED with recipes for drying things. And we ALL know we can believe EVERYTHING we read on the web, right?!

I received this book hoping it would help me. When I got the book I could not put it down. It is a great book with a lot of details. It takes you step by step and we love it.

I got this book after purchasing an excalibur and I love it! It has helped me learn how long and at what temps I want to dry my food at. If you don't have an excalibur dehydrator....I dunno if I would buy this book...maybe a different book that wasn't so brand specific to a dehydrator?

This is a good time for all to find fresh food and learn to preserve for emergencies or just for delicious and nutritious eating anytime. People love dehydrated fruit as gifts-if you ever have any left by the time family digs in.

This serves as a great general reference book for basic dehydrating principles/techniques. If you want specific recipes for raw food, I suggest Ani's Raw Food Essentials as a companion. Thanks,  
Michael

This is a very well written and understandable book. If you are new to drying like we are then you are going to want this book. I purchased several other cheaper books locally and didn't get the information that is in this book. Worth buying, I just wish it came with the dryer.

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