



# **The Beginner's Guide to Making and Using Dried Foods: Preserve Fresh Fruits, Vegetables, Herbs, and Meat with a Dehydrator, a Kitchen Oven, or the Sun**

*Teresa Marrone*

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Enjoy that fresh harvest taste all year. Whether you're using a dehydrator, oven, or the sun's rays, you can easily dry your own vegetables, fruits, herbs, and meat. Teresa Marrone's simple step-by-step instructions cover all the basics you need to know about drying, storing, and rehydrating your favorite foods. With over 140 dried-food recipes — ranging from veggie chips to casseroles and beef jerky to baby purées — you'll be amazed at the variety of healthy and delicious options that dried foods offer.

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