

Food Drying Guide – Vegetables at 125°F

FOOD	PREPARATION	TEST	TIME
Asparagus	Wash and cut into 1" pieces	Crunchy	4 – 6 hrs.
Beans, Green or Waxed	Wash, remove ends, cut into 1" pieces	Crunchy	9 - 12 hrs.
Beets	Remove all but 1/2" of the top, scrub thoroughly, steam blanch until tender. Peel and cut into 1/4" thick slices.	Pliable	9 – 12 hrs.
Broccoli	Wash and trim. Cut stems into 1/4" pieces. Dry florets whole.	Crunchy	10 – 14 hrs.
Cabbage	Wash and trim. Cut into 1/8" strips.	Crunchy	8 – 11 hrs.
Carrots	Wash and trim tops. Peel or scrape if desired. Cut into 1/8" thick slices.	Pliable	7 – 11 hrs.
Celery	Wash, separate leaves and stalks. Cut stalks into 1/4" strips.	Crunchy	3 – 10 hrs.
Corn	Shuck corn and remove silk. Steam until milk is set. Cut kernels from cob and spread on plastic screen. Stir several times during drying.	Crunchy	7 – 10 hrs.
Cucumbers	Wash and trim. Cut into 1/8" slices.	Pliable	4 – 8 hrs.
Eggplant	Wash and peel. Cut into 1/4" slices.	Pliable	4 – 8 hrs.
Mushrooms	Wash and cut into 3/8" slices.	Pliable	4 – 7 hrs.
Parsnips	Scrub thoroughly, steam blanch until tender. Peel if desired and cut into 3/8" thick sleeves.	Pliable/ Tough	7 – 11 hrs.
Peppers	Wash and remove stems, seeds and white section. Pat dry. Cut into 1/4" thick strips or rings.	Pliable	4 – 8 hrs.
Potatoes	Use New Potatoes. Wash, peel if desired. Steam blanch 4 – 6 minutes. Cut French Fry style. 1/4" slices, 1/8" thick circles or grate.	Crunchy/ Pliable	7 – 13 hrs.
Summer Squash	Wash and peel. Cut into 1/4" slices.	Pliable	10 – 14 hrs.
Tomatoes	Wash and remove stems. Slice into 1/4" circles. For cherry tomatoes, slice in half, dry skin side down.	Pliable	5 – 9 hrs.
Zucchini	Wash, peel if desired. Cut into 1/8" slices or chips.	Crunchy	7 – 11 hrs.



Food Drying Guide – Fruits at 135°F

FOOD	PREPARATION	TEST	TIME
Apples	Wash, core and peel if desired. Cut into 1/4" slices. Dust with cinnamon if desired.	Pliable	7 – 15 hrs.
Apricots	Wash, halve and remove pit. Slice if desired and dry skin side down.	Pliable	21 – 29 hrs.
Bananas	Wash, peel and slice into 1/8" slices.	Pliable	7 – 10 hrs.
Figs	Wash, cut out blemishes, quarter. Dry skin side down.	Pliable	22 – 30 hrs.
Kiwi	Wash, peel and slice into 1/4" slices.	Crisp	8 – 15 hrs.
Nectarines	Wash, halve and remove pit. Slice into 3/8" slices and dry skin side down.	Pliable	8 – 17 hrs.
Peaches	Wash, halve and remove pit. Slice into 1/4" slices and dry skin side down.	Pliable	8 – 16 hrs.
Pears	Wash, core and peel if desired. Cut into 1/4" slices or quarter.	Pliable	8 – 16 hrs.
Pineapple	Peel, remove fibrous eyes, remove core. Cut into 1/4" slices or wedges.	Pliable	11 – 18 hrs.
Rhubarb	Wash, cut into 1" lengths.	Pliable	6 – 10 hrs.
Strawberries	Wash, cut out caps, slice 1/4" thick.	Crisp	7 – 15 hrs.
Watermelon	Cut off rind, cut into wedges and remove seeds.	Pliable & Sticky	8 – 10 hrs.

Food Drying Guide – Jerky at 145°F – 150°F

FOOD	PREPARATION	TEST	TIME
Jerky	Use lean meat and remove as much fat as possible. Cut uniform 1/4" thick or less slices. Do not overlap slices on the shelves. It is highly recommended that you heat meat to 160°F prior to dehydrating.	Pliable	3 – 4 hrs. Meat Temp. should reach 145°F – 150°F



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