

Safety Tips

1. To prevent food poisoning, always wash, and dry hands thoroughly before cooking and wash cutting boards before and after use.
2. Tie back long hair.
3. Keep in mind cooking is messy. Clean up as you go to keep a tidy work space.
4. If children are using knives, you should teach them how to hold and handle the knife properly. Be sure to watch them when they are handling the knife.
5. Use supplies that will not break, such as plastic measuring cups and stainless steel bowls.
6. Provide supervision as they work.
7. Have fun in a safe way!

Knife Safety

1. Always use a clean/sanitized cutting board. Do not cut on the counter or in your hand.
2. Show children how to hold knives properly
3. **Never, ever grab a falling knife.** The best way to avoid a knife falling is to make sure your knife is always completely on the work surface, without the handle sticking out in traffic areas.
4. Make sure to let everyone in the room know that you have a knife, and that you are moving it around the room.
5. When you have a knife in hand, keep your eyes on the blade, and pay attention to what you're doing.
6. Remember, graters, zesters, and peelers are sharp too. Warn others that they are sharp and show them how to properly hold the equipment before they get started.
7. Hand wash your knives and dry them thoroughly. Never put knives into the dishwasher, or drop them into a sink filled with sudsy water.

Peach Fruit Leather

Before you begin always be sure you have thoroughly washed your peaches. Then slice in half and remove the pits. There is no need to peel or blanch the peaches. The skin gives added fiber and flavor and you really can't tell it's mixed in anyway, so why add more work?

You will need

- 10 large ripe peaches
- 1/3 cup sugar

Puree the peaches (including the skins) and sugar in a blender or food processor until it is very smooth. It should be the consistency of applesauce. The sugar is really there just to sweeten any peaches that may not be fully ripe, and also because flavors greatly intensify in the drying process, so adding a little sugar helps keep the dried fruit leather from being too sour. You can adjust the sugar content if the peaches are extra sweet.

Next spread the mixture to a thickness of about 1/4" on your prepared pan. You can do this two ways,

- Prepare a cookie sheet with quality Saran Wrap stretched across the pan and lightly sprayed with a little oil
- Use your fruit trays specially designed to work with your food dehydrator. Lightly spray with a little Oil.

You don't want it to thick or it will take forever to dry. You don't want it too thin or else it will be crunchy and flaky.

If you are drying your fruit leather on a cookie sheet instead of with a food dehydrator, you will want to place it in the oven at the lowest setting your oven can go, preferably below 175 degrees. You will want to rotate your pans after a couple hours. Normally it will take 6-9 hours to dry thoroughly. You will want to check every hour after 6 hours until all is dry and no longer “squishy” to the touch, extra sticky or wet.

For those using a Food Dehydrator, You will want to set it to 135 degrees, the optimal setting for fruits. Stack your trays and leave it for approximately 6 hours.

Seeing as I did a triple batch of fruit leather I have a much taller stack of trays. At about 5 hours I checked the trays and did a little rotating of the trays, then continued to dry for the remainder of the time.

Your dried fruit leather will be a darker color than when you began. You will want to let the leather cool for a few minutes. Once the leather has cooled then it is time to prepare the fruit leather for storage, not that it will last very long once your kids get a hold of it anyway.

If you dried your fruit leather on the cookie sheet, you can then just roll it up in the same Saran Wrap you cooked it on. With a dehydrator you will lay out a sheet of Saran Wrap. I like to rip the large round circle in half because otherwise it is far too wide for our Saran wrap, but if you can find an extra wide box of Saran Wrap you won't need to rip in half.

Now you simply fold a small part of the Saran Wrap over the edge of the fruit leather and then begin rolling the fruit leather into a tube shape. You can leave the ends as they lay, or you can give them an extra twist like a candy wrapper to ensure they are fully sealed.

You will want to place them all in an air tight container. I like to put mine into a thick Ziploc bag or an air tight Tupperware container. This is a great time to label your package with the date so

you know just when the fruit leather was created and you can keep the oldest rotated to the front and used first. Often it can stay good in a dry cupboard for about a month, probably longer in the fridge or freezer.



Dried Strawberries



Wash and Hull the Strawberries

It is important that you begin with clean strawberries surface. Place the strawberries in a colander and rinse under cold water. Let them drain for a few minutes and leave them to dry; extra moisture will lengthen the dehydration process.

Next, you need to [hull the strawberries](#), which means to remove the green leafy top and stem. Instead of simply slicing off the top of the berry, you need to cut out the stem. You can do this with the tip of a sharp, small knife, angling the blade and cutting around in a circle until the core is released.

Slice the Strawberries

In order to dry the strawberries, they need to be cut into even sized slices. Using a sharp knife, slice the strawberries either crosswise or from top to bottom. The pieces need to be all of approximately the same thickness or they won't dry evenly. Aim for 1/8 to 1/4-inch thick slices.

Dry the Strawberries

Now you are ready to dehydrate the berries. Arrange the strawberry slices on the dehydrator trays so that there is at least a half-inch of space between the slices.

Set the dehydrator's temperature to 135 F/57 C. It will take 8 to 10 hours to fully dry the strawberries; 10 to 14 hours if you want them to be crisp rather than pliable. The pieces should feel totally dry to the touch when done.

Cool The Strawberries

You won't be completely sure if the strawberry pieces are fully dehydrated until they have cooled. Turn off the dehydrator, open it, and let the strawberries cool for 20 to 30 minutes.

After the cooling off period, break one of the pieces of fruit in half. There should be no visible moisture along the surface of the break. Store in airtight containers in a cool, dark spot.

Condition the Strawberries

Even after the strawberries are correctly dehydrated there may still be some residual moisture in the fruit that you can't feel. This shouldn't be enough to prevent the berries from being safely preserved and mold-free. But you'll have a tastier, better product if you do what is called "conditioning" the dried fruit.

Put the dried, cooled fruit pieces into glass jars, only filling the jars about 2/3 full, and cover the jars. Shake the jars a couple of times a day for one week. This redistributes the fruit pieces as well as any moisture they may still contain. If any condensation shows up on the sides of the jars, your fruit isn't dried well enough yet and it needs to go back into the dehydrator for a few hours.

Once your dried strawberries are conditioned, store them in airtight containers away from direct light or heat.



Kale Chips



Ingredients

1 Head of kale, wash thoroughly dry

2 teaspoons olive oil

3/4 teaspoon salt

Sea salt, for sprinkling

Making the Kale Chips

- Gather the ingredients. Preheat the oven to 275 F or dehydrator to 125 F.

- Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on backing sheet or screens and toss with olive oil and salt.
- For oven bake until crisp, turning the leaves halfway through, about 20 minutes.
- For dehydrator leave them in there for 4-6 hours.



Beet, Apple, and Carrot Juice



Ingredients

2 medium beets, trimmed and scrubbed

1 apple, peeled and cored

3 medium carrots, peeled

Directions

- Juice, in this order: beets, apple, and carrots. Follow the juicer's specific setting for each. Serve the juice immediately over ice, if desired



Berry Burst Juice



Ingredients

- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 1 cup fresh blackberries
- 2 apples

Instructions

- Wash all the fruit
- Core the apples and cut into quarters

What counts as one serving of fruit?

- 1/2 cup dried fruit
- 1 cup whole fruit
- 1 cup whole fruit juice

Focus on Fruit Juice:

- Good source of antioxidants, vitamins and minerals
- Choose 100% fruit juice to avoid added sugars
- Remember, juice lacks the fiber of whole fruit! Consume in moderation Quick

Tip: add water to your serving of fruit juice to limit sugar intake



Nutrition



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DAILY VEGETABLE TABLE		
Daily Recommendation*		
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 ½ cups
GIRLS	9-13 years old	2 cups
	14-18 years old	2 ½ cups
BOYS	9-13 years old	2 ½ cups
	14-18 years old	3 cups
WOMEN	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
MEN	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

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