

Dried Fruit

February 2018



As the winter presses on, students are getting a reminder of the summer

with hands-on food preservation cooking demonstrations! Crawford County students have tried dehydrated apples with cinnamon, basil pesto, and an eggplant based spread called baba ganoush (bah-bah-gahn-oosh) as we explored various preservation methods such as canning, freezing, pickling, and drying.

Why preserve your own? After discussing food miles last month, students know how much it takes in resources to get food from place to place...we can make a big impact by leaving a small carbon footprint! We also discussed the power of choice in our ingredients. In home preservation, the food that fuels our bodies is in our own hands.



Wauzeka Elementary 4th graders use a ribbon peeler to prepare an apple for dehydrating.

Did you know??

- Before the invention of freezers or refrigerators, hunter-gatherers dried and stored most of their foods.
- Dried apples, cherries, blueberries, and cranberries are some of the dried fruits produced in Wisconsin today.
- In the United States, raisins are produced almost exclusively in California's Central Valley, providing nearly half of the world's supply.
- On average, Americans consume about two pounds of raisins per year, slightly ahead of fresh grapes.
- The earliest known use of dried fruits can be found on Mesopotamian tablets (from as early as 1700 BC), which are most likely the oldest known written recipes.

Can you tell which one was made at home?

Fruit Leather



Ingredients:

Pears, apples, apricots, water, lemon juice, sugar

Fruit Leather



Ingredients:

Pears from concentrate, corn syrup, dried corn syrup, sugar, partially hydrogenated cottonseed oil, yellow #5



Check out the delicious recipe from Crossing Rivers Health!

Cherry Chicken Pasta Salad

Yield: 16 servings

Ingredients

- 1 lb. rotini pasta
- 2 cups diced cooked chicken (or canned chicken)
- 1 cup dried cherries, raisins or cranberries
- 1 cup diced celery
- 1 cup toasted slivered almonds
- 2 cups of mayonnaise or plain Greek yogurt
- ¼ cup powdered sugar
- 2 tbsp. cold water
- 1 tbsp. of red wine vinegar
- 2 tsp salt
- ½ tsp pepper



Directions

1. Bring a large pot of lightly salted water to a boil, add rotini. Cook until tender, about 8 minutes, then drain and rinse under cold water.
2. Combine chicken, fruit, celery, almonds, and pasta in a large bowl. Whisk mayonnaise, sugar, water, vinegar, salt, and pepper in a separate bowl, then fold into chicken-pasta mixture.

Recipe adapted from allrecipes.com

Other ways to eat dried fruit:

- Mix your favorite dried fruits with nuts or whole grain cereal to make your own “trail mix.” Enjoy as an on-the-go snack.
- Add raisins to chicken or tuna salad for a sweet twist.
- Add dried fruits to your morning cereal for extra fiber and natural sweetness.
- Dried fruits compliment many cheeses and are a great, healthy addition to cheese plates.

Shopping and Storing Tips:

- Buy dried fruits without added sugar.
- Put dried fruits in an airtight container to keep fresh.
- Keep in a cool, dry place like a cupboard. Or, keep in the refrigerator for up to six months.

Nutrition

Dried fruits contain many of the same nutritional benefits as fresh fruits such as fiber, potassium, and iron. Dehydration, in fact, causes some nutrients to become more concentrated. One study revealed that antioxidants in some dried fruits are twice as potent as those in the fresh fruits.