

# Download Drying And Dehydration Of Foods

Food drying is a method of food preservation in which food is dried (dehydrated or desiccated). Drying inhibits the growth of bacteria, yeasts, and mold through the removal of water. Dehydration is an alternative to canning (called "bottling" in the UK) and freezing fruits and vegetables. If you have a surplus of fruits or vegetables from your garden, but lack the canning equipment or freezer space, drying may be the right method for you! Dehydrated foods have a number of Virginia Cooperative Extension materials available for public use, reprint, or citation without further permission, provided the use includes credit to the author and to Virginia Cooperative Extension, Virginia Tech, and Virginia State University. Food drying is one of the oldest methods of preserving food for later use. It can either be an alternative to canning or freezing, or compliment these methods.