



Food Preservation Series: Course 3 Dehydrating with Risa Horowitz

About Risa – a self-taught artist and designer, environmentalist, and a medical cannabis advocate, Risa teaches people to create art with reused materials and how sacred herbs can heal. She also loves to create healthy foods that delight the taste buds. She has catered events, worked in all aspects of party design, and loves gardening.

Risa sees preparing food as designing flavors and textures for the palate. Just as a painter paints with color, she enjoys blending food, herbs, and spices to create a plate appealing to the eye and satisfying to the appetite. A vegetarian for over 23 years, Risa began dehydrating foods several years ago when she was learning to make raw foodist recipes.

About Dehydrating – in our food preservation third course, Risa will share the history of dehydrating foods and how people have been doing it for centuries. The process of food dehydration and how drying affects the nutritional value of foods will be discussed. The pros and cons of different dehydrators on the market and instructions to build your own will be reviewed. Risa will then demonstrate how to dehydrate food and provide you with recipes and samples to take home.

Dehydration is the removal of moisture at low temperature from foods to allow for better preservation and long term storage. Food dehydration is not difficult and there are many benefits:

- not having food go bad
- you can reap the rewards of your garden and supermarket specials
- dried foods will last from one season to the next
- you will be able to feed your family and friends safer, pesticide-and chemical-free foods
- you control what you are drying
- you are better able to control the amount of food you eat
- you can create a food supply which, in a financial crisis or when a natural disaster strikes, can be like money in the bank
- nutritionally dense, lightweight and condensed for camping or hiking