How To Dehydrate And Preserve Fruit

Growing your own fruit is one of the most rewarding things you can do. Nothing tastes better than fruit eaten straight from the tree or plant. The big problem with growing your own fruit is that when they crop, you get an abundance of fruit in a very short space of time. If you are not careful, some of your fruit can end up being wasted, and there's none left once the cropping has stopped.

Not to worry though as below is an excellent tutorial from 'Housing A Forest' that shows how to dehydrate some of your favorite fruits, so you can store and enjoy them all year round. To be honest, you don't even need to grow your own fruit to do this. Bag a load of bananas etc when they
are discounted and dehydrate them for eating later. Dehydrated fruit slices also make an awesome healthy snack for the kids too!

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(Image from: Housing A Forest)