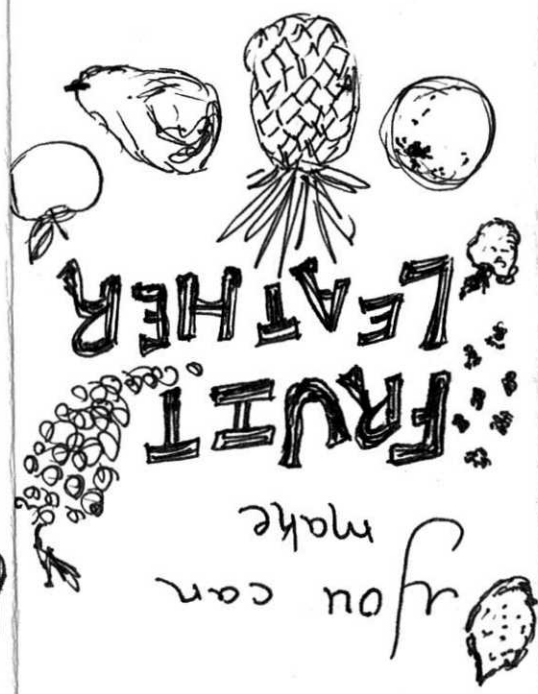


the wild within collective
 proton.me
 unceded Haudenosaunee
 Land
 April 2025
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 Don't Edit or Sell

Refrigerating, freezing,
 and vacuum sealing
 are all ways to
 further add to
 shelf life.

Can be done in
 an oven set to
 135 or warm or
 Prove, for those
 without a dehydrator
 < Fan / Convection options
 help, if an option >
 Peel up from parchment
 then, slice or cut (optional
 roll up or layer w/
 parchment paper.
 Store in airtight
 container.



Cover a baking sheet
 (or dehydrator tray, if
 you have one) with
 wax paper or
 parchment paper or
 baking mat; spread
 to 1/8" - 1/4" thickness.
 Dehydrate fully, at
 least 8 hours (and
 maybe more) at
 130° - 140° F.

Sometimes, life
 is extra fruity.

- Good deals
 - Harvest time
 - Bulk availability
 - Whoops!
 - Bought too much
 - forgot I already
 had some, and
 now need to
 use it quick!
 - building up pantry of
 items w/ a
 long shelf
 life.

FRUIT: Cleaned,
 Rinsed, + prepped
 - pitted / chopped /
 cored / peeled / stemmed,
 based on fruits used
 WATER OF JUICE
 1/2 c per 4 c prepped
 fruit
 SWEETENER
 (Sugar / Jaggery / Honey / etc)
 - optional, to taste
 - optional (but
 recommended, to taste)

What you need:

Place fruit + H₂O
 in large saucepan.

Bring to simmer -
 cover - cook on med
 low 10-15 minutes.
 Uncover - stir - mash a
 bit - cook 15 more
 min. uncovered

This doesn't just cook
 the fruit - it pasturizes
 it. Food safety is
 important when
 preserving food!!!

Temps ≥ 145° F for 30 min.

Add a Little Bit
 of Spice

- Adjust sweetness
- Add lemon juice to taste
- Add spices. Eg:
 - cinnamon
 - ginger
 - cardamom
 - nutmeg
 - allspice
 - cloves

Puree. Can use:

- Blender
- Hand blender
- Food mill
- Potato masher
- Food processor
- Chinois
- Etc



③

②

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