

⑥ What you need:

- FRUIT:** Cleaned, Rinsed, + prepped / - Pitted / chopped / cored / peeled / stemmed, based on fruits used
- WATER OR JUICE**
1/2 c per 4 c prepped fruitwater
- SWEETENER**
(sugar / jaggery / honey / etc.)
- optional, to taste
- LEMON JUICE**
- optional (but recommended, to taste)

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!!!

Temp $\geq 145^{\circ}\text{F}$ for 30 min.

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/ shelf life
- Fruit leather is a delicious way to minimize food waste!

Add a little Bit of Spice

- Adjust Sweetness
- Add lemon juice to taste
- Add spices. eg extracts cinnamon nutmeg allspice



• Puree. Can use:
Blender Food mill
Hand blender Potato masher
Food processor Chinese Etc



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

the wild within collective @ proton.me
unceded Haudenosaunee Land
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Cover a Baking sheet (on dehydrator tray, if you have one) with wax paper or parchment paper on baking mat; spread to 1/8" - 1/4" thickness.

Dehydrate fully, at least 8 hours (and maybe more) at 130°-140°F.

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 on cut (optional), roll up on layer w/ parchment paper. Store in airtight container.