



Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Drying
Approved for 2024-25 Project Year

Project Description: Spoilage bacteria can't grow without water, which makes drying a great way to preserve food. Learn how to dry fruits, vegetables, and herbs. Make your own dried food mixes and use dried foods in recipes and menu plans.

REQUIRED YOUTH CURRICULUM

[Food Preservation Drying Manual](#) (PNW #651), 2013

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

[Drying Fruits and Vegetables](#) (PNW #397)

How to Dry Foods by Deanna DeLong (check with your local library or bookstore)

[So Easy to Preserve](#) (University of Georgia Extension)

[National Center for Home Food Preservation](#) (www.nchfp.uga.edu)



PROJECT COMPLETION CHECKLIST

| STATE REQUIREMENTS | |
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| | Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual. |
| | Answer at least two of the questions in the Reflections on Drying section on pages 39-40 of the manual. |
| | Complete the 4-H Project Record Book for this project in your ZSuite Member Account |
| | Fill out your 4-H Involvement Report in your ZSuite Member Account |
| | Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes |
| | Optional: complete a menu plan using foods preserved in this project. |

| ADDITIONAL LOCAL REQUIREMENTS | |
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| FAIR EXHIBIT CHECKLIST | |
|------------------------|--|
| | Completed Idaho 4-H Involvement Report (ZSuite) |
| | Completed Idaho 4-H Project Record Book for this project (ZSuite) |
| | Your completed Food Preservation Drying Manual. |
| | ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") illustrating something you learned in this project this year. • A labeled photo journal showing how to dry a food from start to finish. • A display (12" x 12" x 12") showing some of the equipment used in this project. Please label each piece of equipment. • Two dried fruits, in a proper storage container with a correctly completed label. • Two dried vegetables, in a proper storage container with a correctly completed label. • Two dried herbs, in a proper storage container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project. |

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