



## DEHYDRATING FOOD WORKSHOP

Join us for a delightful day of dehydrating delicious foods, enjoying a delectable lunch, and savoring homemade wine! 🍷🍇🍷

Looking for a fun and educational day out with your girlfriends? Dive into the world of food dehydration and learn how to preserve your favorite fruits, vegetables, and nuts. This hands-on workshop is designed to make food preservation fun and easy, perfect for those who love to cook, snack, or simply enjoy tasty treats!

### What to Expect:

#### 1. Dehydrating Basics:

- **Introduction to Dehydration:** Learn the fundamentals of food dehydration and why it's a great method for preserving a variety of foods.
- **Essential Equipment:** Get familiar with the tools you'll need, including dehydrators, slicing tools, and storage options.
- **Preparation Techniques:** Discover the best ways to prepare different foods for dehydration, ensuring they retain their flavor and nutrients.

#### 2. Preserving Vegetables:

- **Cooking Vegetables:** Learn how to dehydrate common cooking vegetables like tomatoes, peppers, and mushrooms to add to soups, stews, and more.
- **Herbs and Greens:** Explore techniques for preserving herbs and leafy greens to enhance your cooking year-round.
- **Root Vegetables:** Discover how to dehydrate potatoes, carrots, and other root vegetables for healthy, long-lasting snacks or meal additions.

#### 3. Sweet and Savory Fruits:

- **Dehydrating Fruits:** Get hands-on experience dehydrating fruits like apples, bananas, and berries, turning them into delicious, nutrient-rich snacks.
- **Fruit Leathers:** Learn how to make fun and tasty fruit leathers, perfect for on-the-go snacking.
- **Citrus and Tropical Fruits:** Explore how to preserve citrus slices and tropical fruits, capturing their vibrant flavors for later enjoyment.

#### 4. Nuts and Beyond:

- **Preserving Nuts:** Discover the best methods for dehydrating and storing nuts to keep them fresh and flavorful.
- **Exotic Dehydration:** Experiment with unique items like mushrooms, herbs, and even meats for jerky!



## **Lunch and Wine Tasting:**

After an afternoon filled with fun and informative activities, we will treat you and your girls to a delicious lunch featuring fresh, local ingredients. Enjoy a leisurely wine tasting of our homemade wine crafted here at the retreat, perfect for a relaxed and enjoyable afternoon with girlfriends.

## **Who Should Attend?**

- Girlfriends looking for a fun, educational day out.
- Anyone interested in learning about food preservation.
- Home cooks, snack enthusiasts, and anyone who loves fresh, flavorful food.