

Drying Herbs And Spices

Herbs-leaves

Spices-obtained from bark, berries, buds, fruit, roots, seeds, even flower stigmas

"Guide to Growing Herbs," Mother Earth News

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INDOOR AIR DRYING- Tie sprigs together using twist ties, thin gauge wire, or rubber bands

Hang upside down in a mesh produce bag or paper bag with slits

Hang in a warm, dry place

Drying should be completed in 7-10 days

Or

Use drying screens (window screen or hardware cloth)

Cover screen with cheesecloth

SOLAR DRYING- Place drying screen outside, bring in at night

Optimum conditions-100 degrees and 60% humidity

Do not overexpose to direct sunlight

REFRIGERATOR

DRYING- Place herbs on trays in refrigerator for a few days

May actually "work best" for parsley and chives

DRYING WITH A

MACHINE- Use one with a temperature control knob and a fan

MICROWAVE

DRYING- Remove leaves from stems

Place leaves between layers of paper towels

Begin on high power for one minute, then rest for

30 seconds; then alternate 30 seconds on high and 30 seconds of rest

Herbs should dry in less than 10 minutes

OVEN

DRYING- Least efficient, most labor "intensive"

Set oven at 100 degrees (use oven thermometer to be certain)

May have to turn oven off, or prop door open to achieve temperature

Layer herbs on cheese cloth on a cooling rack in the middle of the oven

Check constantly for "doneness"

THE BEGINNER'S GUIDE TO EDIBLE HERBS

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