

Harvest of the Month



DRIED FRUIT



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some dried fruit on its own.
2. **MAKE** a dish with dried fruit using the recipe and ingredients provided.
3. **LEARN** about dried fruit with the information below.



Fun Facts

- Dried fruit is made when the majority of a fruit's water content is removed with help from the sun or dehydrators.
- Americans eat more raisins per year than fresh grapes.
- Native Americans used a mixture of dried meat and dried fruit to make pemmican, a high energy food that could be stored for long periods. It is still prepared today.
- Many dried fruits are a good source of potassium which helps your muscles to move!

History

Drying or dehydrating is one of the earliest ways people learned to preserve food. This method dates back more than 5000 years! Early hunter gatherers discovered that fruit like grapes, dates and figs were still edible after falling and drying in the hot sun.

Apricots have a very short harvest season which means dried apricots are easier to find than the fresh fruit. In Syria fresh apricots are turned into a paste and dried in sheets similar to fruit leather. The dried product is called amardine and can be enjoyed year round.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Need help with food? Add to your food budget with the CalFresh program. Visit benefitscal.com or call 1-877-410-8809 to find out if you qualify.