

Digging Deep with Goddess Gardener, Cynthia Brian

Fall forward and waste not

... continued from Page D12

7. Check on the process until done. Let the racks cool before removing the fruit.
8. You can enjoy your items immediately, but if you want to store your stash, pack the dried fruit in glass jars or sealable plastic bags. Shake jars or bags once a day to make sure there is no condensation. If there is any moisture, return the product to the dehydrator for a bit more drying.
9. Store in a pantry or a room temperature darkened area.
10. Voila! Your very own dried fruit and leathers.
You can also put the dried fruit in bags and the freezer. I've experimented with over-ripe bananas, apples, pears, Asian pears, and I even made raisins with chardonnay grapes, seeds and all. Crunchy!

Everything turns out delicious and I know these dried trials are nutritious because except for the bananas, they originate in my organic orchard. My next testing will be to make sweet potato chips from the sweet potatoes I'm growing. I plan to go exotic by drying mangoes, strawberries, pineapple and papayas.

Recently we witnessed a rise of what I call the "ugly fruit." Stores, farmers' markets, and online sites are popularizing the value of imperfect produce. This is a giant step forward in eliminating waste and re-educating our families to value all products provided by nature. Farmers using organic methods know that crops are not always pretty, but the nutritional value and health benefits outweigh perfection of form.

As summer slowly fades into fall, I wish you abundance and a garden of eating.



The dried apples cool down after dehydration.



Cynthia Brian by the pink bower vine in bloom.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3.

Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com.

Buy a copy of her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store.

Hire Cynthia for projects, consults, and lectures.

Cynthia@GoddessGardener.com
www.GoddessGardener.com

McDonnell Nursery



Flowers • Trees • Succulents • Pottery & Fountains
Benches • Garden Decor • House Plants • Gifts
Jewelry • Landscape Consultation

www.mcdonnellnursery.com

196 Moraga Way • Orinda • (925) 254-3713 • Open Daily