

Dehydrating HERBS + tips

(sharing info from another group)

The purpose of drying your herbs is to remove the water (which causes most of the spoilage), but retain most of the plants natural oils (which is where nutrients and benefits, scent and flavor are).

You want to remove bugs (check under leaves for eggs), dirt and anything else that might be on the plant. Always start with a good washing in cool water. Blot dry to remove as much water as possible. Remove any dark or dead plant parts.

Air/Shade drying in small bundles or bouquets that are hung upside down is the best method. Laying sprigs of herbs flat on an elevated screen in the shade is also good. Warm or hot weather with low humidity to air-dry. There is a very high risk that mold will form before the herb dries, especially if you live in a humid area. Even one severely humid day can spoil a whole crop of herbs. This is the main reason I use my dehydrator for drying herbs. It's quite humid all summer and early fall in PA.