

# How to dry and preserve vegetables

The shelf life of the green leaf vegetables can be improved by use of different technologies which increase and sustain the supply to the markets to regulate the fluctuations in the prices.

Post harvest processing is necessary for value addition as it prevents food losses. Drying involves removal as much water from food as possible to stop enzymes and microbial activities to stop deterioration. In this hygiene should be observed when handling.

## Vegetable processing

Food is preserved to ensure sufficient supply throughout year. Moisture is removed by application of heat in a controlled floor.

Furthermore food is preserved through different ways like dehydration and heat. Drying food should not be left uncovered and use proper drying method and equipment to avoid food contamination, flies, dust and ants.

Vegetables like tomatoes rape, cowpeas leaves, cabbages and pumpkin leaves can be dried.

In the process, finely chop vegetables for faster drying and prepare a blanching solution where 1 part of salt to 5 parts of water.

Similarly blanch for 3 minutes, drain vegetables well and spread on it on the tray of drier in thin layers. Load dryer and dry to crispy dry.

Finally, pack in a clean moisture proof containers and store

in dry store.