

Great Summer Recipes for dried fruits brought to you by Yolo Farmstand

California, San Francisco, Jul 20, 2021 (Issuewire.com) - We don't often think about dried fruit in the summertime when fruits are so plentiful, and there are endless varieties to choose from. But now is a great time to learn how to dry fruits and stock up while the supply is varied and inexpensive. There are many recipes available on the internet for drying fruit with or without a dehydrator.

There is another crucial reason to focus on dried fruits. Do you know that 80% of wasted food is perishables, fruits, and vegetables?

[According to the ReFeed Report:](#)

"By 2050, it is estimated that the Earth's population will top 9 billion. This growing population will undeniably stress our food systems, natural resources, and ecosystems. But consider this: Currently, we waste up to 40% of our food globally. In the United States, this equals roughly 400 pounds annually for every American. Meanwhile, one in seven Americans is food insecure. "

As a culture, we must embrace ways to use better what we grow. When you go to your local farmers market, look for fruits that are not perfect and give them a home. We have to rescue and use the not-so-perfect or the "ugly fruits "too!!! They have the same nutritional value and delicious flavors.

Make a mental list of what fruits you would love to turn into your favorite jams, jellies, and preserves. When you see a box that has been forsaken, snap it right up and have a jam-making party at your house!!!

When you spy blueberries, peaches, apricots, plums, strawberries, and cherries bursting with juicy goodness, think about how they would taste over your oatmeal this winter.

Here are a few recipes to spark your imagination!!!

- [Make your own Larabars at home](#). They are made mostly of dried dates. Get creative, and you can customize them to your taste. Great snack for on the go. It can be made vegan and gluten-free.
- [Morning Muesli](#): A bowl of muesli is a hearty and comforting breakfast. I love it when everything soaks together overnight, and the flavors and textures come together. Add a combination of your favorite dried fruits and enjoy! This [muesli recipe](#) uses dried cherries, but you can customize it with your favorite fruits, nuts, and seeds.
- [Apricot Ice Cream](#): Back in 2008, Kitchen reader Stephanie submitted this elegant [Grand Marnier Apricot Ice Cream recipe with Almonds](#). Try this perfect summer recipe to impress your guests. The recipe uses dried apricots hydrated in the liqueur. How fancy and the grown-up is this?!!! The apricots mixed with an ice cream base that includes a surprise ingredient for an extra tang,
- Are you looking for a unique way to enjoy your peaches? How about brunch by the pool with a signature **Bellini Champagne Cocktail**. As you might guess from the name, the Bellini is an Italian classic. The original recipe came from Venice and was simply two parts Prosecco (Italian

sparkling wine) to one-part white peach puree with a touch of raspberry or cherry juice. Steep dried peaches in warm, simple syrup until hydrated, then purée in the blender or food processor. Add lemon juice to taste, then mix with chilled champagne just before serving. Store the peach purée for up to a week in the fridge or ice-cube trays stored in freezer bags for up to two months.

- [A simple kale salad](#) can be an excellent base for whatever dried fruits, nuts, and seeds you have in the house. It can be a great addition to a meal, or it can become the main course—a great dish to bring for a potluck or BBQ.
- [Peanut butter](#) no-bake cookies loaded with fruits and nuts. They are Daily Free, Gluten-free, and The best thing is you don't have to turn on the oven in the summer to enjoy this tasty treat.

Of course, we would love to hear from you about your favorite dried fruit recipes.

Here at Yolo Farmstand, we love the summertime, harvesting the fruits of our labor.

You don't have to wait until you get around to it. Just try our Sundried Peaches and Raisins right now!

Wherever you live, you can experience our California organic nuts and dried fruits delivered fresh to you.

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- Try our organic raisins, sugar-free and without preservatives.
- Treat yourself to the taste of Organic dried peaches. Shop online and have them delivered fresh right to your door.

All our products are organically grown and come to you with minimal handling, and nothing added: no salt, sugar, or oil. We ship the most efficient way possible for fast delivery right to your door. Our beautiful packaging makes the perfect gift for any occasion.

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