

All about B.C.

# Freeze-Dried Fruit

In freeze-drying, the water present in fruit turns directly from **solid ice** to **vapor** through a process called **sublimation**. This quick transition keeps the fruit from getting soggy!

Indigenous peoples in B.C. have been preserving fruit for thousands of years using methods like **sun-drying** berries, making **fruit leather** on waxy leaves, and **storing dried berries in fat**.



Unlike other drying methods, freeze-drying preserves most of the appearance, flavour, and nutrition of food very well. In fruit, **vitamin C** is preserved, which supports having a strong immune system.

Did you know? Freeze-drying, also known as **lyophilization**, preserves fruit by freezing it to as low as **-50°C**, then gently warming it to as high as **+45°C** under a vacuum to remove moisture.



Freeze-drying removes **98–99% of water**, making food super light and popular with hikers and campers.

With the water removed, mould can't grow. When properly stored and sealed, freeze-dried fruit can last **10–25 years** without spoiling! Once opened, products should be used within **6–12 months**.



“There is a lot of good fruit that goes unused. My ultimate goal is to freeze-dry it so that we can **preserve the nutrition and the taste**. Then, we can send it along the supply chain to whoever needs it, instead of it going back to the soil. Why turn it into compost when we can **save the waste?**”  
– Frank, Food Processor, Langley B.C.



Frank freeze-dries in Langley, where the Kwantlen, S'ólh Téméxw (Stó:lō), Semiahmoo, Cayuse, Umatilla, and Walla Walla people speak **Hul'q'umi'num' / Halq'eméylem / hə́ŋqəmiḱə́m**.

In Halq'eméylem, the word for dried fruit is **sth'ixwám**.

Langley rests upon the homelands and unceded territory of the Kwantlen, S'ólh Téméxw (Stó:lō), Semiahmoo, Cayuse, Umatilla, and Walla Walla people.