An IUFoST Guide for Fruit and Vegetable Drying in Sub-Saharan Africa

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For many individuals and families in Sub-Saharan Africa, “food security” may be more of a dream than a reality. There is a constant cycle between the short-term supply of fruits and vegetables at the time of harvest, and the long periods of relative scarcity between harvests. Appropriate food processing techniques are often unavailable, making the preservation of crops to enhance their storage life an unrealistic objective. Drying, especially by solar means, is a potential solution to this problem. However, small-hold farmers often lack the necessary background skills and equipment to do this. In addition, there appears to be little instructional material to provide insight into food drying at the required basic level. In 2011, the IUFoST Food Security Task Force and Distance Education Task Force jointly prepared "A Basic Guide to Drying Fruits and Vegetables" directed towards this target audience. Mangoes were used to illustrate how products can be dried by following a step-by-step sequence which was given for the drying process. The “Guide” was initially intended for use in Burkina Faso and Rwanda to address a request from groups in these two countries. It is envisioned that the material may be translated into regional dialects to increase the application of drying technology both locally, and in other countries. This poster outlines the contents and approach taken in this “Guide”.