

## DRYING AND ROASTING SEEDS

### SUNFLOWER SEEDS



#### Harvesting

Cut the sunflower heads with a stem about one foot long. Hang upside down in a dry location with good air circulation. Tie a cloth bag around each head to catch any seeds which might drop during drying. (How about those old, tired out pantyhose?)

#### Roasting

When seeds are dry, mix thoroughly 2 cups of unwashed dry seeds, ½ teaspoon Worcestershire sauce, 1½ Tablespoons melted butter, and 1 teaspoon salt. Place in a shallow baking pan and roast (one hour at 250°F; 30 minutes at 275°F oven; or 10-15 minutes at 300°F.) Be sure to stir the seeds frequently as they roast.

#### Variation

If a salty sunflower seed is desired, soak the seeds in a salt solution (2 teaspoons or more salt per quart of water) for 24 hours before drying.

### PUMPKIN AND SQUASH SEEDS



Wash the seeds carefully to remove the clinging fiber. Dry the seeds in a dehydrator at 115°-120°F until crisp or in the oven at 150°F for 1-2 hours, stirring frequently.

For roasted seeds or salty flavored seeds follow instructions given for roasting sunflower seeds above.

### STORING

Place seeds in a plastic bag and store. If to be kept a long time, put in the refrigerator or freezer. The seeds will become rancid if stored at room temperature for long periods of time.

Source: OSU Master Food Preserver Program