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Peaches – Food Preservation Series
Michigan State University Extension Service
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PEACHES

AVAILABILITY

August and September

TRIM LOSS

Freestones—approximately 15 percent from pits and skins.

YIELD

1 pound	3 medium peaches (2 cups, sliced)
1 lug (22 pounds)	16-24 pints frozen 7-11 quarts canned
17½ pounds	canner load of 7 quarts
11 pounds	canner load of 9 pints
1 bushel (48 pounds)	32-48 pints frozen 16-24 quarts canned (2½ pounds per quart)

RECOMMENDED VARIETIES

Cresthaven, Redhaven and Redskin are excellent varieties for freezing and canning. Elberta, Belle of Georgia and Champion peaches are recommended for canning.

FREEZING

Preparing peaches: To loosen skins, submerge peaches in boiling water for approximately 30 to 60 seconds, then place in cold water for 20 seconds.

The following directions can be used to freeze peaches, nectarines and apricots.

Halves and slices: Select firm, ripe fruits with no green in the skins. Fruit in halves and slices has better quality when packed in syrup or with sugar. If sweetening is not desired, use the water pack.

Sort, wash, pare and pit. After removing the peels, place the peeled and sectioned peaches in an ascorbic acid solution (see directions on back). For a better product, peel fruit without a boiling-water dip. Slice, if desired.

Syrup pack: Use 50-percent syrup (1 cup water to 1 cup 3 tablespoons sugar). To prevent browning, add 1/2 teaspoon ascorbic acid to each quart of syrup. Put fruit directly into cold syrup in the container, starting with 1/2 cup syrup to a pint container. Press fruit down and add syrup to cover, leaving 1/2 inch headspace. Seal, label and freeze.

Sugar pack: Add 2/3 cup sugar to each quart of prepared peaches. Mix well. To retard darkening of fruit dissolve 1/4 teaspoon ascorbic acid in 1/4 cup water, sprinkle mixture over each quart of fruit. Fill freezer containers with prepared fruit, leaving 1/2 inch headspace. Seal, label and freeze.

Water pack. Pack peach s into containers and cover with cold water containing 1 teaspoon ascorbic acid to each quart of water. Leave 1/2 inch headspace. Seal, label and freeze.

Pectin pack. This alternative uses pectin and less sugar than syrup pack and retains the fresh peach flavor, color and texture. Combine 1 box powdered pectin (1 3/4 ounces) with 1 cup of water in a saucepan; stir and boil 1 minute. Stir in 1/2 cup sugar and dissolve. Remove the pan from heat, add cold water to make 2 cups of syrup. Chill. Put cleaned and prepared fruit in a 4- to 6-quart bowl; add enough pectin syrup to glaze the fruit with a thin film. Gently fold fruit to coat each piece with syrup. Pack into freezer bags or containers, leaving 1/2 inch headspace. Seal, label and freeze.

Crushed or pureed Peel peaches and pit. Crush peaches coarsely or, for puree, press peaches through a sieve or food mill (after heating pitted peaches in just enough water to prevent scorching), or puree with a blender or food processor. To each quart (2 pounds) of crushed or pureed peaches, add 1 cup sugar and mix. For better quality, add

1/8 teaspoon ascorbic acid to each quart of fruit Pack into containers, leaving 1/2 inch headspace. Seal, label and freeze.

Preventing discoloration-ascorbic acid solution:

While preparing peaches for freezing or canning, keep peach slices and halves in a solution of ascorbic acid and cold water.

Ascorbic acid can be purchased in several forms: *Pure powdered form*: Seasonally available among canning supplies in supermarkets.

Use 1 teaspoon per gallon of water as a treatment solution.

Vitamin C tablets- Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution.

Also try commercially prepared mixes of ascorbic and citric acid- seasonally available among canning supplies in supermarkets. Citric acid powder is sold in supermarkets, but it is less effective in controlling discoloration. Be sure to follow the manufacturer's directions.

Drain peaches before packing.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. One cubic foot will hold 7.4 gallons.

CANNING

Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

Cut peeled peaches in half, remove pits and slice, if desired. To prevent darkening, keep peeled fruit in ascorbic acid solution (see directions above). Prepare and boil a very light, light or medium syrup (see directions below), or pack peaches in water, apple juice or white grape juice. Raw packs make poor quality peaches.

Hot pack. In a large saucepan, place drained fruit in syrup, water or juice and bring to boiling. Fill hot jars with hot fruit and cooking liquid, placing halves in layers, cut side down. Leave 1/2 inch headspace.

Raw pack:- Fill hot jars with raw fruit, place halves cut side down, and add hot water, juice or syrup, leaving 1/2 inch headspace. Adjust lids and process.

Syrup: Measure and mix the quantities of water and sugar necessary for desired syrup. Bring water and sugar mixture to a boil and pour over fruit in jars.

Measures of Water and Sugar

Syrup type	Approx. % sugar	For 9 pints*		For 7 quarts	
		Cups water	Cups sugar	Cups water	Cups sugar
Very light	10	6 1/2	3/4	10 1/2	1 1/4
Light	20	5 3/4	1 1/2	9	2 1/4
Medium	30	5 1/4	2 1/4	8 1/4	3 3/4

* This amount is also adequate for 4 quarts.

Peach Halves or Slices, in a Boiling-Water Canner					
Recommended Process Times					
Style of pack	Jar size	Process times (in minutes) at altitudes of			
		0-1,000 ft.	1001-3,000 ft.	3,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	25 min.	30 min.	35 min.	40 min.
Raw	Quarts	30	35	40	45
Hot	Pints	20	25	30	35
Hot	Quarts	25	30	35	40

Peach Halves or Slices, in a Weighted-Gauge Pressure Canner				
Recommended Process Times				
Style of pack	Jar size	Process time	Canner pressure (pounds pressure) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Raw	Pints	10 min.	5 lb.	10 lb.
Raw	Quarts	10	5	10
Hot	Pints	10	5	10
Hot	Quarts	10	5	10

Peach Halves or Slices, in a Dial-Gauge Pressure Canner						
Recommended Process Times						
Style of pack	Jar size	Process time	Canner pressure (pounds pressure) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	10 min.	6 lb.	7 lb.	8 lb.	9 lb.
Raw	Quarts	10	6	7	8	9
Hot	Pints	10	6	7	8	9
Hot	Quarts	10	6	7	8	9

Note: This product may appear darker than peach Jam made with added pectin.

Wash and rinse peaches thoroughly (do not soak). For best flavor, use fully ripe fruit. Remove stems, skins and pits. Cut into pieces and crush. Measure 6 cups of crushed peaches into large saucepan. Add 5 cups sugar and 2 tablespoons lemon juice and bring to a boil while stirring rapidly and constantly. Continue to boil until mixture thickens. Use one of the tests below to determine when jam is done. Remember to allow for thickening during cooling.

Temperature test Use a jelly or candy thermometer and boil until mixture reaches the temperature for your altitude.

Sea level	1,000ft.	2,000ft.	3,000ft.	4,000ft.	5,000ft.	6,000ft.
220° F	218°F	216°F	214°F	212°F	211°F	209°F

Remove from heat and skim off foam quickly Fill hot, sterilized jars through a wide-mouthed funnel, leaving 1/4 inch headspace. Adjust lids and process.

OR

Refrigerator test: Remove the jam mixture from the heat. Pour a small amount of boiling jam on a cold plate and put it in the freezing compartment of a refrigerator for a few minutes. If the mixture gels, it is ready to put in jars.

Return jam to a boil, then remove from heat and skim off foam quickly. Fill hot, sterilized jars through a wide-mouthed funnel, leaving 1/4 inch headspace. Adjust lids and process.

Peach Jam without Added Pectin, in a Boiling-Water Canner				
Recommended Process Times				
Style of pack	Jar size	Process times (in minutes) at altitudes of		
		0-1,000 ft.	1,001-5,000 ft.	6,001-8,000 ft.
Hot	Half-pints	5 min.	10 min.	15 min.

Peach Pie Filling (1 quart or 7 quarts)

Each canned quart makes one 8-inch to 9-inch pie. The filling may also be used as topping on desserts or pastries. "Clear Jel A" is a chemically modified starch made from waxy maize, which produces excellent sauce consistency even after fillings are canned and baked. Other available starches may break down when used in these pie fillings, causing sauce to be runny. Ask your county Extension home economist

how to order "Clear Jel A."

Because the variety of peaches may alter the flavor of the fruit pie, first prepare a single quart of filling. make a pie with it and serve. Then adjust the sugar and spices in the recipe to suit your preferences. The amount of lemon juice **SHOULD NOT BE ALTERED** because it affects the safety and storage stability of the filling.

Quantities of Ingredients Needed for

	1 quart	7 quarts
Sliced peaches	3 1/2 cups	6 quarts
Granulated sugar	1 cup	7 cups
"Clear Jel A"	1/4 cup + 1 tbs.	2 cups + 3 tbs.
Cold water	3/4 cups	5 1/4 cups
Cinnamon (optional)	1/8 teaspoon	1 teaspoon
Almond extract (optional)	1/8 teaspoon	1 teaspoon
Bottled lemon juice	1/4 cup	1 3/4 cups

Select ripe but firm peaches. Red Haven, Redskin and other varieties of similar quality are suitable.

Peel peaches and prepare slices 1/2 inch thick. Place slices in water containing 1/2 teaspoon ascorbic acid crystals or six 500-milligram vitamin C tablets in 1 gallon of water to prevent browning. Combine sugar, "Clear Jel A" and cinnamon in a large kettle of water. Stir and cook over medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil sauce 1 minute more, stirring constantly. Drain peach slices. Fold in drained peach slices and continue to heat mixture for 3 minutes.

Add almond extract, if desired. Fill hot jars without delay, leaving 1/2 inch headspace. Adjust lids and process immediately.

Peach Pie Filling, in a Boiling- Water Canner

Recommended Process Times

Style of pack	Jar size	Process times (in minutes) at altitudes of			
		0-1,000 ft.	1,001-3,000 ft.	3,001-6,000 ft.	Over 6,000 ft.
Hot	Prints	30 min.	35 min.	40 min.	45 min.
Hot	Quarts	30 min.	30	40	45

Peach Jam with Artificial Sweetener and Pectin (about 1 pint)

4 cups peeled peaches

3 to 4 teaspoons liquid sweetener

1 tablespoon unsweetened lemon juice

1/2 teaspoon ascorbic acid

1 package (1 3/4 ounces) powdered pectin

(Purchase fresh pectin each year. Old pectin may result in poor jelling.)

Crush peaches in saucepan. Stir in sweetener, fruit pectin, lemon juice and ascorbic acid. Bring to a boil; boil 1 minute. Remove from heat. Continue to stir 2 minutes. Pour into freezer container. Cover, label and freeze. Thaw before serving. Store in refrigerator for up to 4 weeks.

Peach Freezer Jam (8 half-pints)

3 cups mashed peeled peaches

3 tablespoons lemon juice

5 cups sugar

1 box (1 3/4 ounces) powdered pectin and 1 cup water

OR

1 pouch (1.175 ounces) liquid pectin

(Purchase fresh pectin each year. Old pectin may result in poor jelling)

Mix peaches and sugar. Let stand about 20 minutes, stirring occasionally. If powdered pectin is used, combine it with water and boil 1 minute, stirring constantly. Add pectin (either prepared powder or liquid pectin) to peaches and sugar mixture. Stir about 2 minutes.

Pour jam into freezer containers, leaving 1/2 inch headspace. Cover containers, label and refrigerate until set. Store in the freezer. When using, store in refrigerator for up to four weeks.

Peach Melba (4 servings)

1 cup sugar
2 cups water
4 peaches, peeled and cut into halves
OR

8 canned peach halves can be substituted for the 1 cup sugar, 2 cups water and 4 peaches
raspberry currant sauce (see directions below)
1 pint vanilla or pistachio ice cream

Heat sugar and water to boiling in 10-inch skillet. Place peaches, cut sides down, in skillet, reduce heat. Cover and simmer until peaches are tender, 10 to 15 minutes.

Place peach halves in each of 4 dessert dishes. Pour raspberry currant sauce over peaches. Refrigerate until chilled. Top each serving with 1 scoop ice cream.

Raspberry-Currant sauce

1/2 cup currant jelly
1 10-ounce package frozen raspberries, thawed
1 tablespoon cold water
1 1/2 teaspoons cornstarch

Heat jelly and raspberries (with juice) to boiling. Mix water and cornstarch; stir into raspberries. Heat to boiling, stirring constantly. Boil and stir 1 minute; cool. Press through sieve to remove seeds, if desired.

Peaches Flambe (6 servings)

1/2 cup coarsely chopped pecans
1 quart vanilla ice cream, slightly softened
1/2 cup water
1/3 cup apricot jam
3 tablespoons packed brown sugar
6 large peaches, peeled and sliced
OR
2 cans (16 ounces each) sliced peaches, drained
2 teaspoons lemon juice
1/2 cup light rum

Stir pecans into ice cream; freeze until firm. Scoop ice cream into serving size portions onto a chilled cookie sheet and freeze.

Mix water, jam and brown sugar in 2-quart saucepan or chafing dish. Heat to simmering over low heat. Simmer uncovered until syrupy, about 5 minutes. Stir in peaches. Cook over low heat until peaches are almost tender, about 3 minutes. Stir in lemon juice.

Heat rum in saucepan until warm, ignite and pour over peaches. Stir well before serving. Serve over ice cream.

Peach Cobbler (6 Servings)

1/2 cup sugar
1 cup all-purpose flour
1 tablespoon cornstarch
1 tablespoon sugar
1/4 teaspoon ground cinnamon
1 1/2 teaspoons baking powder
4 cups sliced peaches
1/2 teaspoon salt
1 teaspoon lemon juice
1/2 cup lowfat milk
3 tablespoons shortening

Mix 1/2 cup sugar, cornstarch and cinnamon in a 2-quart saucepan.

Stir in peaches and lemon juice. Heat, stirring constantly until mixture thickens and boils. Boil 1 minute, stirring constantly. Pour into ungreased 2-quart casserole; keep peach mixture hot in the oven.

Cut shortening into flour, 1 tablespoon sugar, the baking powder and salt until mixture resembles fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot peach mixture. Bake at 400 degrees F until topping is golden brown, 25 to 30 minutes. Serve warm.

Peach Chutney (1 quart)

6 peaches
3/4 cup sugar
3/4 cup cider vinegar
1/4 teaspoon chopped garlic
1/2 cup water
1/3 cup cubed preserved onion
2 tablespoons lemon juice
2 tablespoons curry powder
1 cup seedless raisins
1 1/2 teaspoons salt
1/4 teaspoon freshly ground black pepper flakes
1/2 teaspoon red pepper flakes
5 ounces finely chopped ginger

Peel and pit peaches. Cut each peach into eighths. Heat sugar, vinegar, garlic and water in saucepan. Stir until the sugar has dissolved. Bring liquid to a boil and cook 5 minutes until syrupy. Add peaches. Simmer 10 minutes. Remove peaches and reserve the syrup.

Add remaining ingredients to the syrup. Boil slowly for 10 minutes, or until mixture thickens slightly. Return peaches to the pan, bring to a boil, then pour into containers suitable for refrigeration or freezing. Store in the refrigerator or freezer.

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