



FOOD PRESERVATION SERIES

Peaches

Michigan-grown peaches are available between August and September

RECOMMENDED VARIETIES

Varietal types generally frozen include: “Yellow freestone” (yellow-fleshed varieties), “White freestone” that (white fleshed) and “Red freestone” (red coloring). Suitable choices for freezing and canning include Crest Haven, Red Haven, Allstar, Bellaire, Canadian Harmony, Goldstar, Fayette, Glohaven, Loring, Newhaven, Rio Oso Gem and Sunbeam. Elberta, Belle of Georgia and Champton peaches are recommended for canning. Fay Elberta is ideal for preserves.

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
17 ½ 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 (2 ½ pounds per quart)
½ bushel (large brown bag)	40 cups frozen

FOOD SAFETY TIPS

Purchase fruits that are not bruised or damaged. Bag fresh fruits separate from meat, poultry and seafood products.

Wash hands before and after handling fresh produce.

Wash fruits thoroughly under running water. Do not use soap or detergent. If necessary, use a clean, produce brush to scrub off dirt or soil. Dry with paper or cloth towel.

Use a separate cutting board for fruits, and keep away from raw meat, poultry and seafood

Follow standardized procedures recommended by the United States Department of Agriculture for home canning.

HOW TO STORE

If you have to wash before storage, pat fruits dry with paper towel.

Store in the refrigerator at 40 F, preferably in the crisper drawer to help retain moisture.

Store processed canned products in a cool, dry area.

QUICK AND EASY SERVING TIPS

Eat fresh as a snack.

Include in fruit salads and pastries

RECIPE

PEACH COBBLER (6 Servings)

- ½ cup sugar
- 1 cup all-purpose flour
- 1 tablespoon cornstarch

1 tablespoon sugar
¼ teaspoon ground cinnamon
1 ½ teaspoons baking powder
4 cups sliced peaches
½ teaspoon salt
1 teaspoon lemon juice
½ cup lowfat milk
3 tablespoons shortening

Mix ½ 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 with 1 tablespoon sugar, the baking powder and salt, until the mixture resembles fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot peach mixture. Bake at 400 °F until topping is golden brown, 25 to 30 minutes. Serve warm.

HOW TO PRESERVE

FREEZING PEACHES

To loosen the skins, submerge peaches in boiling water for approximately 30 to 60 seconds, then place in cold water for 20 seconds. The following directions can also be used to freeze peaches, nectarines and apricots.

Halves and Slices. Select firm, ripe fruits with no green in the skins. Fruit halves and slices have better quality when packed in syrup or with sugar. Sort, wash, pare and pit. After removing the peels, place the peeled and sectioned peaches in an ascorbic acid solution. 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 ½ teaspoon ascorbic acid to each quart of syrup. Put fruit directly into the cold syrup, starting with ½ cup syrup to a pint container. Press fruit down, and add syrup to cover, leaving ½ 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 the fruit, dissolve ¼ teaspoon ascorbic acid in ¼ cup water, sprinkle mixture over each quart

of fruit. Fill freezer containers with prepared fruit, leaving ½ inch headspace. Seal, label and freeze.

Water pack. If sweetening is not desired, use this method. Pack peaches into containers and cover with cold water containing 1 teaspoon ascorbic acid to each quart of water. Leave ½ 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 ¾ ounces) with 1 cup of water in a saucepan; stir and boil for 1 minute. Stir in ½ cup sugar and dissolve. Remove from the heat, and add cold water to make 2 cups of syrup. Chill. Put prepared fruit in a 4- to 6-quart bowl; add enough pectin syrup to glaze the fruit with a thin film. Gently fold the 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 and press 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 ½ inch headspace. Seal, label and freeze.

How To Prevent Discoloration

While preparing peaches for freezing or canning, keep cut pear sections 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.

Commercial mixes of ascorbic and citric acid: seasonally available among canning supplies in supermarkets.

Citric acid powder : Sold in supermarkets, but it is less effective in controlling discoloration. Follow the manufacturer's directions.

Ascorbic Acid Mixture (AA): Available in local supermarkets as EVER-FRESH® and FRUIT FRESH® fruit protectors. To pretreat fruit, dissolve 3 tablespoons of either mixture in 2 quarts (8 cups) cold water and soak the fruit. When freezing peaches with sugar, dissolve 1 tablespoon AA in 3 tablespoons cold water in a large bowl. Add fruit and sugar and allow to stand for 15 minutes before packing in freezer containers.

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.

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 10 minutes, stirring occasionally. If powdered pectin is used, combine it with water and boil for 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 opened, it can store in the refrigerator for up to four weeks.

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

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

CANNING OF PEACHES

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. Prepare and boil syrup (Table 1), 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 a boil. Fill hot jars with hot fruit and cooking liquid, placing halves in layers, cut side down. Leave 1/2 inch headspace.

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 the fruit packed in jars.

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.

Table 1. Amount of Water and Sugar to make Syrup

		For 9-Pt Load*		For 7-Qt Load	
Syrup Type	Approx. Sugar (%)	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
Heavy	40	5	3 1/4	7 3/4	5 1/4

Table 2. Recommended process time for Peaches (Halved or Sliced), in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	20 min	25	30	35
	Quarts	25	30	35	40
Raw	Pints	25	30	35	40
	Quarts	30	35	40	45

Table 3. Process Times for **Peaches** (Halved or Sliced) in a Dial-Gauge Pressure Canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time (Min)	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints or Quarts	10	6	7	8	9

Table 4. Process Times for Peaches (Halved or Sliced) in a Weighted-Gauge Pressure Canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time (Min)	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints or Quarts	10		

*Pounds per square inch

Source: National Center for Home Preservation
<http://www.uga.edu/nchfp/index.html>

FURTHER INFORMATION

Food Domain Website
<http://fooddomain.msu.edu/>

National Center for Home Preservation
<http://www.uga.edu/nchfp/index.html>

"So Easy to Preserve" 5th ed. 2006. Cooperative Extension Service, The University of Georgia, Athens.
<http://www.uga.edu/setp/>

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices
<http://www.cfsan.fda.gov/~dms/prodsafe.html>

Handbook of Fruits and Fruit Processing. 2006. Hui, Y., Barta, J., Cano, M., Gusek, T., Sidhu, J. and Sinha, N. (ed). Blackwell Publishing.

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Revised By Lillian Oceaña-Po, Ph.D., Assistant Professor, Dept. of Food Science & Human Nutrition, Michigan State University 10/06
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Designed by: *Boboy Po*

Reviewers: Jeannie Nichols & Sue Shenk, Extension Educators