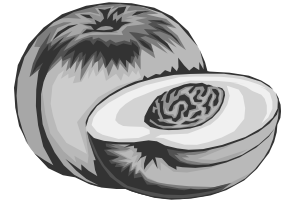


# Peaches



<b>SPECIAL INTEREST:</b>	<p>The hundreds of known peach varieties are classified as either clingstone or freestone. In freestone varieties, the fruit can be easily separated from the pit. In clingstones, the flesh adheres tightly to the pit.</p> <p>Redhaven, Elbertas, J.H. Hale and Red Globe are all yellow-fleshed freestone varieties common in Washington State. Elbertas and Hales are favorites for canning.</p>
<b>NUTRITION:</b>	<p>The peach contains vitamin A as well as noticeable quantity of vitamin C. It is low in calories—about 46 in a medium size peach.</p>
<b>HOW TO SELECT:</b>	<p>Buy peaches which are fairly firm with no soft or red-brown spots. Choose creamy white or yellow fruit with a red colored blush on the skin. Avoid green tinged fruit since is probably won't ripen well at home.</p>
<b>STORAGE:</b>	<p>To hold before using, store one layer deep in a flat pan on the coldest shelf in the refrigerator. (32 degrees F. and 90% humidity are ideal).</p>
<b>PREPARATION TIP:</b>	<p>To peel dip into boiling water for 20-30 seconds and then plunge immediately into ice water. Skins will slip off readily.</p>
<b>DRYING:</b>	<p>Any good table variety; freestones preferred. Ripe enough for eating, but not fully ripe.</p> <p><u>Preparation:</u></p> <ul style="list-style-type: none"><li>• Peel. Cut in half and pit. Leave in halves or cut in quarters or slices.</li><li>• To prevent browning during preparation, treat with ascorbic acid solution.</li></ul> <p><u>Pretreatment (choose one):</u></p> <ul style="list-style-type: none"><li>• None</li><li>• Ascorbic acid/citric acid dip</li><li>• Syrup blanching</li><li>• Honey dips</li><li>• Sulfiting</li></ul> <p><u>Caution:</u> Some people are sulfite sensitive.</p> <p><u>Drying Procedure:</u></p> <ul style="list-style-type: none"><li>• Arrange in single layers on trays, pit side up to retain juices.</li><li>• Turn over halves when visible juice disappears.</li><li>• Dry at 140°F for 24-36 hours for halves.</li><li>• Dry until leathery and somewhat pliable.</li></ul>

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**FREEZING:**

Select firm, ripe fruit with no green color in the skins. Wash, peel, and pit. Cut in quarters of slices if desired. Pack in syrup OR pack in sugar OR pack in orange juice OR in water without sugar. Use ascorbic acid to retard browning. Freeze in moisture vapor proof containers.

**CANNING:**

**WATER BATH CAN**

Apricots, Nectarines, Peaches, Pears: Wash. Peel if desired. Halve fruits, remove pits or cores. Slice if desired. To prevent darkening, dip cut fruit into water containing 3 grams (3000 mg) ascorbic acid to 1 gallon of cold water. Six crushed 500 mg. Vitamin C tablets may be used or follow instructions on commercially prepared mixes of ascorbic or citric acid. Drain.

Hot Pack: Heat fruit in hot syrup. If fruit is juicy, add sugar without additional liquid. Pack fruit and cover with boiling syrup, leaving 1/2 inch headspace. Add ascorbic acid, if desired. Process pints for 20 minutes and quarts for 30 minutes in a boiling water bath.

Fruit Juice: Wash, remove pits or seeds, crush fruit. Heat to simmering; stir to prevent sticking. Strain through cheese cloth bag. Add 1 cup sugar to 1 gallon juice, if desired. Reheat to simmering ( 185° to 210°F.) Pour hot juice into jars (or use juicer; pour simmering juice into jars) leaving 1/2 inch headspace. Process in a boiling water bath for 5 minutes for pints and quarts, and 10 minutes for 1/2 gallon jars.

Canned or frozen, peaches can be preserved without sugar. A slight change in color and texture will occur, but the product will still be good to eat.

**PEACH JAM with powdered pectin**

3 3/4 cups crushed peaches	1/4 cup lemon juice
(about 3 pounds peaches)	1 package powdered pectin
1-1/2 cups sugar (or to taste)	

**To Prepare Fruit.** Sort and wash fully ripe peaches. Remove stems, skins, and pits. Crush peaches.

**To Make Jam.** Measure crushed peaches into a kettle. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim. Fill sterile jars leaving 1/4 inch headspace and seal. Process 5 minutes in boiling water bath. Makes about 6 half-pint jars.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers**

**Under the direction of**

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**WSU Skagit County Extension**