



Using, Storing and Preserving



Peaches

Prepared by:

Laurie Messing, MSU Extension educator

Michigan-grown peaches are available during August and September.

Recommended varieties

Varietal types generally frozen include yellow freestone (yellow-fleshed varieties), white freestone (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.



Food safety and storage

- Purchase fruits that are not bruised or damaged.
- Wash hands before and after handling fresh produce.
- Keep away from raw meat and meat juices to prevent cross-contamination.
- For best quality and to preserve nutrients, preserve no more than your family can consume in one year.

Yield

1 pound	=	three medium peaches (2 cups, sliced)
1 lug (22 pounds)	=	16 to 24 pints frozen or 7 to 11 quarts canned
17½ pounds	=	a canner load of 7 quarts
11 pounds	=	a canner load of 9 pints
1 bushel (48 pounds)	=	32 to 48 pints frozen or 16 to 24 quarts canned
½ bushel	=	48 cups frozen

How to Preserve

Canning

Peaches, halved or sliced

Dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut peaches in half, remove pits and slice, if desired. To prevent darkening, keep peeled fruit in ascorbic acid solution. Prepare and boil a very light, light or medium sugar syrup, 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 boil. Fill jars with hot fruit and cooking liquid, leaving ½ inch headspace. Place halves in layers, cut side down.

Raw pack – Fill jars with raw fruit, cut side down, and add hot water, juice or syrup, leaving ½ inch headspace.

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Wipe jar rims, adjust lids and process following directions below:

Recommended process time for **peaches**, halved or sliced, in a boiling-water canner.

		Process time (in minutes) 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	25	30	35
	Quarts	25	30	35	40
Raw	Pints	25	30	35	40
	Quarts	30	35	40	45

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

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	5	10

Let jars stand undisturbed on the counter for 24 hours, then remove rings, check to make sure lids are sealed, wash jars, label, date and store.

Freezing

Peaches or nectarines

Select well-ripened fruit and handle carefully to avoid bruising. Sort, wash and peel.

Syrup pack – Use 40 percent syrup. For a better quality product, add 1/2 teaspoon (1500 mg) ascorbic acid per quart of syrup. Put peaches directly into cold syrup in container, starting with 1/2 cup syrup to a pint container. Press fruit down and add syrup to cover, leaving headspace. Place a small piece of crumpled water-resistant paper on top to hold fruit down. Seal, label, date and freeze.

Sugar pack – To each quart (1 1/3 pounds) of prepared fruit, add 2/3 cup sugar and mix well. Stir gently until sugar is dissolved or let stand for 15 minutes. To retard darkening, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. Use 1/4 teaspoon (750 mg) ascorbic acid in 3 tablespoons cold water for each quart of fruit. Pack into containers, leaving headspace. Seal, label, date and freeze.

Crushed or purée – Coarsely crush peeled and pitted peaches. For purée, press through a sieve or purée in a blender or food processor. (Heating pitted peaches for 4 minutes in just enough water to prevent scorching makes them easier to purée.) For better quality, add 1/8 teaspoon (375 mg) ascorbic acid to each quart of fruit. Pack into containers. Leave headspace. Seal, label, date and freeze.

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Type of syrup	Percent syrup	Cups of sugar	Cups of water	Yield of syrup (cups)
Very light	10%	1/2	4	4 1/2 cups
Light	20%	1	4	4 3/4 cups
Medium	30%	1 3/4	4	5 cups
Heavy	40%	2 3/4	4	5 1/3 cups
Very heavy	50%	4	4	6 cups

Peach jam with powdered pectin

3¾ cups crushed peaches (about 3 pounds peaches)

¼ cup lemon juice

1 package powdered pectin

5 cups sugar

Yield: About 6 half-pint jars

Sort and wash fully ripe peaches. Remove stems, skins and pits. Crush peaches.

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 full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim.

Put hot jam immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust lids and process in a boiling-water canner as directed below:

Style of pack	Jar size	0 - 1,000 ft	1,001- 6,000 ft	Above 6,000 ft
Hot	Half-pints or pints	5 min	10 min	15 min

References

So Easy to Preserve. 2006. University of Georgia Cooperative Extension Service.

Find out more about Michigan Fresh at
msue.anr.msu.edu/program/info/mi_fresh.