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How to Can Peaches

pts. 25 min. and qts. 30 min.

Choose ripe, mature fruit. Peaches can be packed in very light, light or medium sugar syrup. They can also be packed in water, apple juice or white grape juice. Prepare the liquid syrup and keep it hot.

Remove skins from peaches, dip fruit in boiling water for 30 to 60 seconds until skins loosens. Dip quickly in ice water for about 10 seconds and slip off skins. Cut in half, remove pits and slice to quarters for better fit.

Drop cut fruit into mixture of 1 gallon water and 2 tablespoons each salt and vinegar OR a 4:1 ratio of water to lemon juice. This will help keep the peaches from turning brown. When all the fruit has been cut, drain before packing. Cold Pack into sterilized jars and cover with boiling sugar syrup leaving 1/2 inch head space. Run a rubber spatula or table knife gently between peaches and jar to release trapped air bubbles. Add more syrup if needed. Wipe rim and screw threads with a clean damp cloth. Add lid, screw band and tighten firmly and evenly. Do not over tighten.

Place jars on rack of hot water bath canner, slowly and gently, lower rack. Jars should be covered by 1 to 2 inches of water. Add additional boiling water if needed. If you add more water, pour between jars and not directly on them (*this is where having an extra pot of heated water can come in handy!*). Cover pot with lid. When the water comes to a rolling boil, start to count the processing time. Boil gently and steadily for the time recommended for the food being processed. When the cooking time is up, remove jars at once and place on a rack or on towels away from heat and away from any draft.