

Canning Peaches

the easy way the right way

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STEP 1

Choose Syrup

- To make thin syrup: Mix 2 cups sugar plus 4 cups water
- To make medium syrup: Mix 3 cups sugar plus 4 cups water
- Mix sugar and water, bring to a boil.

STEP 2

Peel Fruit

- Dip in boiling water.
- Then dip in cold water.
- Slip skin off.
- Halve and pit.



STEP 3

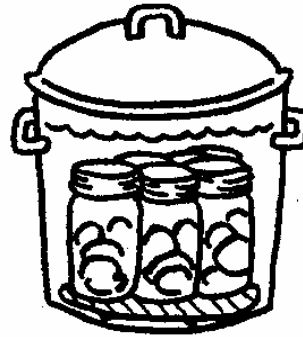
Prevent Darkening

- Peaches will turn brown when exposed to air.
- So as you peel, drop peeled peaches in a solution of: $\frac{3}{4}$ cup lemon juice and 1 gallon water.
- Remove fruit from solution.
- Pack at once.

STEP 4

Raw Pack

- Put raw peaches in jar.
- Pack pit side down.
- Cover with hot syrup.
- Leave ½ inch at top of jar.
- Wipe rim, adjust lid.



STEP 5

Release Steam from Canner

- Set jars on rack in waterbath canner.
- Pour warm water over jars.
- Continue pouring until water is 2 inches over top of jars.
- Allow 2 inches extra space at top of canner for boiling.
- Place cover on canner.

STEP 6

Begin Canning

- Bring water to gentle boil.
- Now begin timing.
- Boil 30 minutes.
- Remove hot jars from canner.
- Cool jars on rack.
- Check seals, remove ring bands.
- Label and store in cool, dry place.



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FOOD STAMP NUTRITION EDUCATION

For more information about home canning, contact your local University of Illinois Extension office.

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