

SUGAR-STRETCHING CANNING GUIDE—NO. 5

Specialists Advise Peaches As Easy Fruit to Put Up

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NEA Staff Writer

Peaches, like tomatoes, require only the water-bath method of canning. They are one of the easiest fruits to put up and have universal appeal. One bushel of fresh peaches will yield from 18 to 24 quarts of canned peaches.

Here's the way canned specialists of the U. S. department of agriculture culture peaches.

Choose ripe, fresh, firm fruit. Look beyond any pretty pink blush for the yellow or whitish yellow background color indicating ripeness. Peaches picked green have poor flavor even when ripened. Don't use any fruit with decayed spots. Although decay is cut out, bacteria may be left behind to spoil the fruit.

Wash and peel peaches, handling gently—a canner load at a time. For easy peeling, place a few at a time in a wire basket or cheesecloth, dip in boiling water a minute or so, then quickly into cold. Skin, pit and halve or slice. To prevent darkening after peeling, drop into a solution of 1 gallon of water with 2 tablespoons salt and 2 of vinegar, then rinse and drain.

Pre-cook peaches: If they are juicy, add sugar—1/4 cup to each quart of uncooked peaches. Then heat peaches to boiling and pack in their own juice.

Pack Peaches Evenly

For less juicy fruit, drop into thin to medium syrup, boiling hot, and just heat through. For moderately thin syrup use 1 cup sugar to 2 cups of either water or peach juice—made by crushing, heating and straining sound peaches too soft for canning.

To stretch canning sugar, corn syrup may replace up to 1/2 the sugar; mild-flavored honey, up to 1/2. If it is necessary to can without sugar, cook the fruit in its own juice, or add just enough water to keep it from sticking to the pan.

Pack hot peaches evenly into not clean jars. Place halves in overlapping layers, pitted sides downward. Fill in with 1/4 to a cup of boiling liquid, taking care to cover solid food well and leave 1/2-inch head space. Peaches not covered by liquid may turn dark. Air bubbles also cause the fruit to darken. So work out bubbles by running a knife blade down jar side. Add more liquid if necessary.

Adjust lids. Process 20 minutes in a boiling-water bath. Finish sealing if type of jar requires. Cool jars overnight, right side up and away from drafts.

Here's another brand new recipe perfected by outstanding home economists. It increases the amount of fruit you can put up with your allotted 15 pounds of sugar per person this year as compared to 20 pounds per person last year.

PEACHES

(20 pounds fresh, 8 peaches canned) Thin Syrup: 6 1/2 cups water, 1/2 cup light corn syrup, 2 cups sugar.

Medium Syrup: 5 1/2 cups water, 1 cup light corn syrup, 3 1/2 cups sugar.

Heavy Syrup: 4 1/2 cups water, 2 1/2 cups light corn syrup, 4 cups sugar.

Prepare syrup: Put water, syrup and sugar in saucepan; bring to boiling point. Remove from heat. Use hot for packing fruit.

Prepare fruit: Select firm, ripe peaches. Slip skins. Cut in halves and remove pits. Grade contents of each jar for uniform size and ripeness.

Pack jars: Pack raw fruit immediately into hot jars, pit side down and halves overlapping. Fill jars to within 1/2 inch of top with hot syrup. Seal immediately according to type lid and jar. Process 20 minutes in boiling water bath. Or: Plump in boiling syrup

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