Canning Peaches

Since fruit has a high acid content, processing can be done in a boiling water bath canner. Any big metal container may be used if it is deep enough for the water to cover the jars by one or more inches and still have room for boiling. It must have a tight-fitting cover and a metal rack.

Place canning jars that have already washed in a water bath and turn to a simmer so they will keep warm.

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

Dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice if desired. Treat to prevent darkening.

Remove slices from the anti-darkening solution and drain well. Pack raw fruit into hot jars, leaving 1⁄2-inch headspace. Fill jars with hot liquid, to 1⁄2 inch from the top.

Next, use a spatula or wand to release air bubbles. Wipe the rim of the jar with a clean dry cloth. Place the lid and twist the band until just finger tight.

Place the jars back into the simmering water until all of them are filled.

Make sure that the jars have at least one inch of water over them. Then get the water to a rolling boil before starting the timer. Put the lid on and process.

At 1001 – 3000 altitude, process pints for 30 minutes and quarts for 35.

At 3001 – 6000 altitude, process pints for 35 minutes and quarts for 40.

Lift jars out of the bath and place them on a towel to cool. This is when they begin to seal and may make a pop sound. The next morning, test the seal on the jar lids by pressing them at the center. They should be slightly concave and not move. Next date and label the lid. Store in a cool, dry place for up to a year.