

Additional Resources and Recipes

Let's Preserve: Fruit Pie Fillings

www.extension.psu.edu/lets-preserve-fruit-pie-fillings

Preserving White Peaches

www.extension.psu.edu/preserving-white-peaches

Ball Website – Online recipes

www.freshpreserving.com

Try Preserving Same Cherries

<https://s3.wp.wsu.edu/uploads/sites/2079/2020/05/PNW-199-Canning-Fruits.pdf>

Let's Preserve: Peaches, Apricots, Nectarines

<https://extension.psu.edu/lets-preserve-peaches-apricots-nectarines>

Sweet Cherry Topping

(nchfp.uga.edu/how/can_02/cherry_sweet-topping.html)

Ingredients:

- 5 cups pitted, halved cherries (about 2.5 pounds)
- ¼ cup water
- 2 cups sugar
- 1 pouch liquid pectin (3 fl. Oz.)

Yield: 2 pints

Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and screw bands according to manufacturer's directions

Wash cherries under running water, remove stems and pits. Cut cherries in half

Measure 5 cups of pitted, halved cherries into a 4-quart pan. Stir in water and heat over medium-high heat while stirring to prevent sticking and scorching. Simmer until cherries are softened enough to mash with a potato masher, about 8 to 10 minutes.

Mash cherries with potato masher, then stir in 2 cups sugar, thoroughly. While stirring over high heat, bring to a full boil that cannot be stirred down. Boil 1 minute.

Remove from heat. Stir in complete pouch of liquid pectin until thoroughly combined. Skim foam.

Pour hot cherry topping into clean hot jars, leaving 1/2 –inch headspace. Wipe rims with a clean, dampened paper towel and adjust two-piece metal lids and bands.

Process in a boiling water canner or atmospheric steam canner for 15 minutes.

Peach Cake

- 1 can (15-1/4 ounces) sliced peaches, undrained
- 1 pkg yellow cake mix (18-1/4 ounces)
- 1/3 cup vegetable oil
- 3 eggs
- 1 8 ounces frozen whipped topping, thawed
- 3/4 cup peach yogurt
- Additional drained diced peaches if desired

Drain peaches, reserving juice. Add enough water to juice to measure 1-1/4 cups. Cut peaches into 1-inch pieces; set aside.

In a large bowl, beat the cake mix. Peach juice mixture, oil and eggs on low speed for 30 seconds. Beat on medium for 2 minutes. Pour into two greased 9-in found baking pans. Bake at 350 degrees for 28-33 minutes or until a toothpick inserted new at the center comes out clean. Cool in pans for 10 minutes before removing to wire rack to cool completely.

In a bowl combine whipped topping and yogurt, fold in reserved peaches. Spread topping between layers and over top of cake. Garnish with additional diced peaches if desired.

Store in the refrigerator

Cherry Apricot Spread

You will need:

- 2 ½ cups pitted, chopped sour cherries
- 1 cup finely chopped apricots
- ½ cup unsweetened apple juice
- 2 tbsp lemon juice
- 1 pkg Ball® RealFruit™ Low or No-Sugar Needed Pectin
- 1 ½ cups granulated sugar or SLENDA*
- 4 Ball® half pint (8 oz) jars

Directions:

1. Prepare boiling water canner. Heat jars in simmering water until ready to use, do not boil. Wash lids in warm, soapy water and set aside with bands.
2. Combine prepared fruit with fruit juice in a large saucepan, gradually stir in pectin. Stirring constantly, bring mixture to a full rolling boil over high heat that cannot be stirred down.
3. Add sugar or sugar substitute, if using. Return mixture to a full rolling boil. Boil to 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
4. Ladle hot jam into a hot jar leaving a ¼ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling water canner. Repeat until jars are filled.
5. Process jars 10 minutes, adjust for altitude. Turn off heat, remove lib, let jars stand 5 minutes. Remove jars and cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.

Table 1. Recommended process time for Cherry Apricot Spread			
Process Time at Altitudes of			
Style of Pack	Jar Size	0-6000 ft.	Above 6,000 ft.
Hot	Half-pints or Pints	10 mins	15 mins

5 Ingredient Blackberry Jam Bars

(Thirtyhandmadedays.com)

1 c unsalted butter, softened

2/3 c sugar

2 c flour

Pinch of salt

1 c jelly jam or preserves of your choice

1. Preheat oven to 375°
2. Beat butter until creamy
3. Add sugar
4. Add flour until crumbly
5. Spread 2/3 of mix into bottom of 8 x 8 pan that has been lightly greased
6. Spread jam/jelly/preserves over crust layer
7. Sprinkle remaining mix over the top
8. Bake for 25-30 minutes
9. Let cool in pan before cutting into bars and removing

Serve a la mode if desired