

(Not) Canning White Peaches

CHOOSE ONLY YELLOW PEACHES (AND NECTARINES) FOR CANNING

Food safety research is happening all the time, with results sometimes dictating changes in home canning recommendations. It's for this reason that we always advise following recent recipes published from reputable sources.

One such fairly recent change concerns the canning of white peaches (and also their relative, white nectarines). Testing found that the flesh of these white varieties is higher in pH than that of traditional yellow peaches and yellow nectarines. This high pH level means they are low in acid, putting them out of the safe range for canning using boiling water canning methods.

Unfortunately there has not yet been any further research to develop safe methods for canning white peaches and nectarines at home, either by adding acid or by using low-acid canning methods (i.e., pressure canning). White-fleshed peaches and nectarines may be successfully frozen if you wish to preserve these fruits.

In summary, until such time as new home processing recommendations are issued, **do not can white peaches or white nectarines.**

For further information on canning visit the National Center for Home Food Preservation (NCHFP) at nchfp.uga.edu or contact your local Cooperative Extension office.

Brought to you by the UCCE Master Food Preservers of El Dorado County
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