Monthly Wednesday Night Demonstration

June 20, 2018

Stone Fruits & Grill Sauces
Resources:

- Please visit the National Center for Home Food Preservation at http://nchfp.uga.edu for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (http://anrcatalog.ucanr.edu)

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ZESTY PEACH BARBECUE SAUCE

Source: FreshPreserving.com

Yield: About 8 half pints

6 cups finely chopped pitted peeled peaches (about 3 lb or 9 medium)
1 cup finely chopped seeded red bell pepper (about 1 large)
1 cup finely chopped onion (about 1 large)
3 Tbsp finely chopped garlic (about 14 cloves)
1-1/4 cups honey
3/4 cup cider vinegar
1 Tbsp Worcestershire sauce
2 tsp hot pepper flakes
2 tsp dry mustard
2 tsp salt


COMBINE all ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer, stirring frequently, until mixture thickens to the consistency of a thin commercial barbeque sauce, about 25 minutes. If desired, puree in batches in a food processor or use an immersion blender to help break down the peaches.

LADLE hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight. Place jar in boiling water canner. Repeat until jars are full.

PROCESS for 15 minutes, adjusting for altitude*. Turn off heat; remove lid and let jars stand for 5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.
PEACH-CHILI SALSA

Source: Ball Blue Book, 2014 Edition  Yield: About 8 half pints

| 6 cups chopped peaches (about 6 medium) | 1-1/2 teaspoon cumin |
| 1-1/4 cups chopped red onion (about 1 medium) | 1/2 teaspoon cayenne pepper |
| 4 jalapeno peppers, finely chopped | 1/2 cup vinegar, 5% acidity |
| 1/2 cup loosely packed cilantro, finely chopped | 2 Tablespoons honey |
| 1 clove garlic, finely chopped |

PREP   Wash peaches, peppers, and cilantro under cold running water; drain. To peel peaches, blanch in boiling water for 30 to 60 seconds. Immediately transfer to cold water. Cut off peel. Treat peaches with Fruit-Fresh to prevent darkening. Chop peaches; measure 6 cups of chopped peaches. Peel and chop red onion; measure 1-1/4 cups cup chopped red onion. Remove stems and seeds from jalapeno and bell peppers. Finely chop jalapeno peppers. Chop bell peppers. Finely chop cilantro.

COOK   Combine all ingredients in a large saucepan. Bring mixture to a boil over medium-high heat, stirring to prevent sticking. Reduce heat to a gentle boil; cook until mixture thickens, about 5 minutes, stirring to prevent sticking.

FILL   Pack hot salsa into a hot jar, leaving 1/2-inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water (180°F) in boiling-water canner. Repeat until all jars are filled.

PROCESS  Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner and bring to a rolling boil. Process half-pint jars 15 minutes*. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

YOU CHOOSE: For added flavor, replace 1 cups of chopped peaches with 1 cup chopped, peeled apricots.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

<table>
<thead>
<tr>
<th>Feet</th>
<th>Increase in Processing Time</th>
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<td>5 minutes</td>
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<td>15 minutes</td>
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<td>3,001 – 6,000</td>
<td>10 minutes</td>
<td>8,001 – 10,000</td>
<td>20 minutes</td>
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</table>
PEACH MELBA FREEZER JAM

*Source: FreshPreserving.com*

Yield: About 5 half pints

Combine fresh peaches and raspberries with Ball® RealFruit™ Instant Pectin for a quick and easy freezer jam with a fantastic flavor. It's great served for dessert over angel food cake or as a cobbler filling.

5 Tbsp Ball® RealFruit™ Instant Pectin
1-1/2 cups sugar
2-1/2 cups finely chopped pitted peeled peaches (about 4 medium)
1 cup crushed raspberries (about 1 6-oz containers)
1 Tbsp lemon juice
5 Ball® Plastic (8 oz) Freezer Jars

STIR sugar and instant pectin in a bowl into well blended.

ADD peaches, raspberries and lemon juice. Stir 3 minutes.

LADLE jam into clean jars to fill line. Apply lids. Let stand until thickened, about 30 minutes. Label.

REFRIGERATE up to 3 weeks.
PEACH JAM WITH SRIRACHA

Source: FreshPreserving.com
Yield: About 3 half-pints

<table>
<thead>
<tr>
<th>1 dry quart peaches (about 2 lbs)</th>
<th>1/4 cup Sriracha</th>
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<tbody>
<tr>
<td>1 cup granulated sugar</td>
<td>Juice of 1/2 lemon</td>
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BRING a large pot of water to a boil. While it heats, cut the peaches in half and remove the pits. Fill a large bowl two-thirds of the way up with cold water. Blanch peaches in the boiling water for 1 to 2 minutes, then immediately transfer to the ice water.

COOL enough to touch, slip off the skins and halve and pit the peaches. Place the peaches in a shallow bowl or baking dish. Using a potato masher, smash them into a pulp. Stir in the sugar and let the fruit sit for a few minutes, until the sugar is mostly dissolved.

To COOK, scrape the fruit into a large skillet, add the lemon juice, and place over medium-high heat. Stirring regularly, bring the fruit to a boil and cook until it bubbles and looks quite thick, 10 to 12 minutes. It's done when you pull a spatula through the jam and it doesn't immediately rush in to fill the space you've cleared. In the last couple of minutes of cooking, stir in the Sriracha.

REMOVE the jam from the heat and ladle into prepared jars, leaving 1/2-inch of headspace. Wipe the rims, apply the lids and bands. Place jar in boiling water canner. Repeat until all jars are filled.

PROCESS jars for 10 minutes, adjusting for altitude. Turn off heat; remove lid and let jars stand 5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

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<td>3,001 – 6,000</td>
<td>10 minutes</td>
<td>8,001 – 10,000</td>
<td>20 minutes</td>
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HONEY SPICED PEACHES
Source: FreshPreserving.com
Yield: About 3 quarts

<table>
<thead>
<tr>
<th>8 lb peaches (about 24 small)</th>
<th>1-1/2 tsp whole allspice</th>
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<tr>
<td>1 cup sugar</td>
<td>3/4 tsp whole cloves</td>
</tr>
<tr>
<td>4 cups water</td>
<td>3 sticks cinnamon</td>
</tr>
<tr>
<td>2 cups honey</td>
<td>Ball ® brand Fruit-Fresh ® (Optional)</td>
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</tbody>
</table>


WASH, peel and pit peaches. Leave peaches in halves or cut into slices, if desired. Treat fruit to prevent browning.

COMBINE sugar, water and honey. Cook until sugar dissolves. Add peaches in syrup one layer at a time and cook for 3 minutes.

PACK hot peaches into hot jars leaving 1/2 inch headspace. Add 1/2 tsp allspice, 1/4 tsp cloves and 1 stick cinnamon to each jar.

LADLE hot syrup over peaches leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

PROCESS filled jars in a boiling water canner for 25 minutes*, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

TIPS
- To treat peaches to prevent browning, combine 2 tsp Ball® brand Fruit-Fresh with 3 tbsp of water. Toss cups of cut peaches in mixture. Make more Fruit-Fresh mixture as needed to coat all cut peaches. Or, submerge cut peaches in a mixture of 1/4 cup lemon juice and 4 cups water.
- To peel peaches, make an “X” on the bottom of peaches using a knife. Plunge in boiling water for 30 to 60 seconds, or until skins start to crack. Dip into cold water and slip off skins

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<table>
<thead>
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<td>15 minutes</td>
</tr>
<tr>
<td>3,001 – 6,000</td>
<td>10 minutes</td>
<td>8,001 – 10,000</td>
<td>20 minutes</td>
</tr>
</tbody>
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PEACH MOJITOS

*Source: FreshPreserving.com*

Yield: About Makes 4 (16 oz.) servings

Enjoy this refreshing twist on the classic Mojito using the Honey-Spiced Peaches recipe.

1 cup chopped Honey-Spiced Peaches
1/4 cup syrup from Honey-Spiced Peaches
1/4 cup fresh lime juice
3 Tbsp. superfine sugar
1/2 cup fresh mint leaves, tightly packed and divided
6 oz. white rum, divided
Club soda as needed to top off each glass

BLEND chopped Honey-Spiced Peaches with ¼ cup syrup from Honey-Spiced Peaches, lime juice and sugar in blender; puree until smooth.

MUDDLE 2 tablespoons mint leaves in each Ball® Drinking Mason Jar

ADD 1-1/2 ounces white rum and ¼ of the peach puree to each glass and fill with ice and top with club soda. Garnish each with a peach slice and sprig of mint.
FRUIT SHRUB
Source: FreshPreserving.com

Yield: About 1 pint

A shrub is a fruit syrup mixed with vinegar. Historically, shrubs were made as a way to preserve fruit to drink, mixed with soda or water. Today, with the addition of different vinegars, sugars, spices, and herbs, shrubs have become a way to preserve and enhance fruit’s flavor. Use the shrub traditionally with soda water over ice or mix creatively into cocktails. Each sip will be reminiscent of an era when ingenuity surpassed the simple desire to preserve a summer’s bounty.

1 cup crushed fruit (such as strawberries, peaches, apricots, Concord grapes, plums, berries, or cherries)
1 cup sugar
1 canning jar
1 cup vinegar (such as unfiltered apple cider, balsamic, sherry, or red wine vinegar)

Combine crushed fruit and sugar in a 1-qt. canning jar. Cover and shake to combine.

Chill 1 to 3 days or until sugar dissolves and fruit releases its juice.

After 1 to 3 days, pour fruit mixture through a wire-mesh strainer into a 2-cup glass measuring cup, pressing with the back of a spoon to release as much juice as possible (about 3/4 cup); discard solids.

Stir in vinegar. Transfer mixture to a 1-pt. jar.

Cover with lid and chill 2 weeks before serving.
FREEZING CHERRIES
Source: Ball Blue Book, So Easy to Preserve

CHERRIES, Sour or Sweet – Discard immature and imperfect cherries. Wash, drain, stem, and pit.

BASIC METHODS:

- DRY PACK: Pack berries into containers, leaving headspace. Alternatively, spread berries a single layer on a shallow tray, freeze, then pack into containers.

- SUGAR PACK: Mix 1 part sugar with 4 parts berries or pitted cherries.

- SYRUP PACK: Depending on the sweetness desired, make syrup (or use water or unsweetened fruit juice). To make syrup, dissolve sugar in lukewarm water, mixing until the solution is clear. Chill syrup before using. Use just enough syrup or liquid to cover the prepared fruit. Leave 1/2 inch headspace.

<table>
<thead>
<tr>
<th>Type of Syrup</th>
<th>Percent Syrup</th>
<th>Cups of Sugar</th>
<th>Cups of Water</th>
<th>Yield in Cups</th>
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</thead>
<tbody>
<tr>
<td>Very Light</td>
<td>10%</td>
<td>1/2</td>
<td>4</td>
<td>4 1/2</td>
</tr>
<tr>
<td>Light</td>
<td>20%</td>
<td>1</td>
<td>4</td>
<td>4 3/4</td>
</tr>
<tr>
<td>Medium</td>
<td>30%</td>
<td>1 3/4</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Heavy</td>
<td>40%</td>
<td>2 3/4</td>
<td>4</td>
<td>5 1/3</td>
</tr>
<tr>
<td>Very Heavy</td>
<td>50%</td>
<td>4</td>
<td>4</td>
<td>6</td>
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</tbody>
</table>

- PUREE PACK: Puree and pack with or without sugar.

ADDITIONAL RESOURCE:
FRUIT LEATHERS
Source: Ball Blue Book, 2014, page 165

Fruit leather is puréed fruit which is dried and rolled into a chewy fruit taffy. Apples, apricots, berries, cherries, nectarines, peaches, pears, pineapple, and plums make excellent fruit leathers. Be sure to remove excess seeds from berries. Bananas are wonderful blended with other fruits for a smooth, naturally sweet finished product. Fresh fruit in season has the best flavor; however, do not overlook canned or frozen fruits, which may be used any time of the year.

Assorted Fruit Leathers

Wash fruit and cut away blemished areas. Peel, if necessary, and remove pits or seeds. Purée fruit in a blender until smooth. If it is too thick, thin purée with a little water or fruit juice. If desired, add 1 tablespoon honey or corn syrup if fruit is too tart. Spices or flavorings may be added at this time.

Fruits that oxidize (apples, nectarines, peaches, and pears) should be heated to 190°F and allowed to cool before proceeding.

Cover drying trays with a heavy, food-grade plastic wrap or use specifically designed sheets that come with most dehydrators. Spread purée evenly, about 1/8 inch thick in the center to 1/2 inch thick at the edges, on dehydrator trays.

Dry at 135°F until fruit purée feels pliable and leather-like. Check center to be sure there are no sticky spots. Cut fruit leather in strips or circles while still warm. Leave pieces flat or roll, jelly roll style. Let fruit leather cool.

Wrap fruit leather in parchment paper or plastic wrap, placing a piece of paper or wrap between layers. Pack into home canning jar, plastic storage container, or vacuum package. Label and date.
DRYING CHERRIES, NECTARINES, PEACHES, AND PLUMS

Source: Ball Blue Book, So Easy to Preserve, Dehydrator Bible

As a rule, most fruits can be successfully dried. Apricots, nectarines, peaches, and plums benefit by using a technique called “popping the backs”. This means pushing the peel side inward to expose more of the pulp surface to dry.

Uniformly cutting the slices or pieces of fruit will help fruit to dry more evenly. Dried fruit should retain some moisture, about 15% to 20%. To test for dryness, cut a piece in half; no visible moisture should be present and it should be pliable and chewy.

CHERRIES: Choose sweet or sour varieties. Wash, cut in half, and remove pits.
- Ball Blue Book: 165°F for 2 to 3 hours; then 135°F. Until leathery and slightly sticky (no time stated)
- So Easy to Preserve: 24 to 36 hours
- Dehydrator Bible: 130°F 14 to 24 hours, leathery, pliable, no longer juicy inside

NECTARINES, PEACHES: Choose bright-looking, plump nectarines with an orange-yellow color between red areas. For peaches, choose either cling or freestone varieties that are firm and ripe with no green color. Wash, cut in half, and remove pits. Cut into 1/4 to 1/2 inch slices or wedges. Pretreat with Fruit-Fresh by dipping, if desired. Place on drying trays peel-side down. Dry at 130° to 135°F.
- Ball Blue Book: Until pliable with no moisture pockets
- So Easy to Preserve: 36 to 48 hours
- Dehydrator Bible: 1/4 inch 10 to 12 hours, dry and leathery and still flexible

PLUMS: Choose any variety of ripe, sweet plums. Wash, cut in half, and remove pits. Cut into 1/4 to 1/2 inch slices or wedges. Dry at 130° to 135°F.
- Ball Blue Book: Until pliable
- So Easy to Preserve: 24 to 36 hours
- Dehydrator Bible: 1/2 inch slices 18 to 20 hours, dry and leathery and still flexible (small plums can be cut in half, pierce the skin several times with a toothpick, and place skin side down)

After drying, cool fruit 30 to 60 minutes before packaging. Avoid packaging warm food that could lead to sweating and moisture buildup. However, excessive delays in packaging could allow moisture to re-enter food.
CANNING PEACHES, NECTARINES, APRICOTS, PLUMS

Source: National Center for Home Food Preservation, USDA Publications
http://nchfp.uga.edu/publications/publications_usda.html

PEACHES - HALVED OR SLICED

Quantity: An average of 17½ pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 16 to 24 quarts – an average of 2½ pounds per quart.

Quality: Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

Procedure: 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. To prevent darkening, keep peeled fruit in ascorbic acid solution. Prepare and boil a very light, light, or medium syrup or pack peaches in water, apple juice, or white grape juice. Raw packs make poor quality peaches.

Hot pack – In a large saucepan place drained fruit in syrup, water, or juice and bring to boil. Fill jars with hot fruit and cooking liquid, leaving ½-inch headspace. Place halves in layers, cut side down.

Raw pack – Fill jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving ½-inch headspace.

Adjust lids and process: In a boiling-water canner see Table 1; in a dial- or weighted-gauge canner see Table 2 and Table 3.

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>Process Time at Altitudes of</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>0 - 1,000 ft</td>
</tr>
<tr>
<td>Hot</td>
<td>Pints</td>
<td>20 min</td>
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<tr>
<td></td>
<td>Quarts</td>
<td></td>
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<td></td>
<td></td>
<td>30</td>
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<tr>
<td></td>
<td></td>
<td>35</td>
</tr>
<tr>
<td>Raw</td>
<td>Pints</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>Quarts</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>35</td>
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</tbody>
</table>

Table 1. Recommended process time in a Boiling Water Canner.
(Peaches, Nectarines, Apricots)
Table 2. Process Times in a Dial-Gauge Pressure Canner.  
(Peaches, Nectarines, Apricots, Plums)

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>Process Time (Min)</th>
<th>0 - 2,000 ft</th>
<th>2,001 - 4,000 ft</th>
<th>4,001 - 6,000 ft</th>
<th>6,001 - 8,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot and Raw</td>
<td>Pints or Quarts</td>
<td>10</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
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Table 3. Process Times in a Weighted-Gauge Pressure Canner.  
(Peaches, Nectarines, Apricots, Plums)

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>Process Time (Min)</th>
<th>0 - 1,000 ft</th>
<th>Above 1,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot and Raw</td>
<td>Pints or Quarts</td>
<td>10</td>
<td>5</td>
<td>10</td>
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</table>

NECTARINES - HALVED OR SLICED

Follow directions for peaches except do not dip in hot water or remove skins. Wash fruit and use either hot or raw pack, and use the same process times.

APRICOTS - HALVED OR SLICED

Follow directions for peaches. The boiling water dip and removal of skins is optional. Wash fruit well if skins are not removed. Use either hot or raw pack, and use the same process times.

Quantity: An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 20 to 25 quarts-an average of 2¾ pounds per quart.
PLUMS - HALVED OR WHOLE

Quantity:  An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 56 pounds and yields 22 to 36 quarts—an average of 2 pounds per quart.

Quality:  Select deep-colored, mature fruit of ideal quality for eating fresh or cooking. Plums may be packed in water or syrup.

Procedure:  Stem and wash plums. Plums may be packed in water or syrup. To can whole, prick skins on two sides of plums with fork to prevent splitting. Freestone varieties may be halved and pitted. If you use syrup, prepare very light, light, or medium syrup (see below).

Hot pack—Add plums to hot water or hot syrup and boil 2 minutes. Cover saucepan and let stand 20 to 30 minutes. Fill hot jars with hot plums and cooking liquid or syrup, leaving 1/2-inch headspace.

Raw pack—Fill hot jars with raw plums, packing firmly. Add hot water or syrup, leaving 1/2-inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process

| Table 1. Recommended process time in a Boiling Water Canner. (Plums) |
|---|---|---|---|---|---|
| | Style of Pack | Jar Size | 0 - 1,000 ft | 1,001 - 3,000 ft | 3,001 - 6,000 ft | Above 6,000 ft |
| | | Pints | Quarts | | | |
| Hot and Raw | 20 min | 25 | 30 | 30 | 35 |
| | 25 | 30 | 35 | 40 |

For processing plums in a dial-gauge or weighted-gauge pressure canner, follow processing time for peaches (above).
BOILING WATER CANNING PROCESS

1. Before you start preparing your food, fill the canner halfway with clean water. This is approximately the level needed for a canner load of pint jars. For other sizes and numbers of jars, adjust the amount of water in the canner so it will be 1 to 2 inches over the top of the filled jars.

2. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.

3. Fill, fit with lids, load onto the canner rack and use the handles to lower the rack into the water; or fill the canner with the rack in the bottom, one jar at a time, using a jar lifter. When using a jar lifter, make sure it is securely positioned below the neck of the jar (below the screw band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.

4. Add boiling water, if needed, so the water level is at least 1 inch above jar tops. Pour the water around the jars, not on them. For process times over 30 minutes, the water level should be at least 2 inches above the tops of the jars.

5. Turn heat to its highest position, cover the canner with its lid, and heat until the water in the canner boils vigorously.

6. Set the timer for the total minutes required for processing the food, adjusting for altitude.

7. Keep the canner covered and maintain a boil throughout the process schedule. The heat setting may be lowered a little as long as a complete boil is maintained for the entire process time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and begin the timing of the process over, from the beginning.

8. Add more boiling water, if needed, to keep the water level above the jars.

9. When the jars have boiled for the recommended time, turn off the heat and remove the canner lid. Wait no more than 5 minutes before removing jars.

10. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1 inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.
ASCORBIC ACID

Source: Guide 01 Principles of Home Canning

While preparing a canner load of jars, keep peeled, halved, quartered, sliced, or diced apples, apricots, nectarines, peaches, and pears in a solution of 3 grams (3,000 milligrams) ascorbic acid to 1 gallon of cold water. This procedure is also useful in maintaining the natural color of mushrooms and potatoes, and for preventing stem-end discoloration in cherries and grapes. You can get ascorbic acid in several forms:

Pure powdered form—seasonally available among canners’ supplies in supermarkets. One level teaspoon of pure powder weighs about 3 grams. Use 1 teaspoon per gallon of water as a treatment solution.

Vitamin C tablets—economical and available year-round in many stores. Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution.

Commercially prepared mixes of ascorbic and citric acid—seasonally available among canners’ supplies in supermarkets. Sometimes citric acid powder is sold in supermarkets, but it is less effective in controlling discoloration. If you choose to use these products, follow the manufacturer’s directions.
PREPARING AND USING SYRUPS

Source: Guide 02 Selecting, Preparing, and Canning Fruit and Fruit Products

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The following guidelines for preparing and using syrups offer a new “very light” syrup, which approximates the natural sugar content of many fruits. The sugar content in each of the five syrups is increased by about 10 percent. Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

<table>
<thead>
<tr>
<th>Syrup Type</th>
<th>Approx. % of Sugar</th>
<th>Cups Water</th>
<th>Cups Sugar</th>
<th>Cups Water</th>
<th>Cups Sugar</th>
<th>Fruit commonly packed in syrup:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Light</td>
<td>10</td>
<td>6-1/2</td>
<td>3/4</td>
<td>10-1/2</td>
<td>1-1/4</td>
<td>Approximates natural sugar levels in most fruits</td>
</tr>
<tr>
<td>Light</td>
<td>20</td>
<td>5-3/4</td>
<td>1-1/2</td>
<td>9</td>
<td>2-1/4</td>
<td>Very sweet fruit</td>
</tr>
<tr>
<td>Medium</td>
<td>30</td>
<td>5-1/4</td>
<td>2-1/4</td>
<td>8-1/4</td>
<td>3-3/4</td>
<td>Sweet apples, cherries, berries, grapes</td>
</tr>
<tr>
<td>Heavy</td>
<td>40</td>
<td>5</td>
<td>3-1/4</td>
<td>7-3/4</td>
<td>5-1/4</td>
<td>Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums</td>
</tr>
<tr>
<td>Very Heavy</td>
<td>50</td>
<td>4-1/4</td>
<td>4-1/4</td>
<td>6-1/2</td>
<td>6-3/4</td>
<td>Very sour fruit.</td>
</tr>
</tbody>
</table>

Procedure: Heat water and sugar together. Bring to a boil and pour over raw fruits in jars. For hot packs, bring water and sugar to boil, add fruit, reheat to boil, and fill into jars immediately.

Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups.