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Freezing Peaches

Michigan State University Extension Service

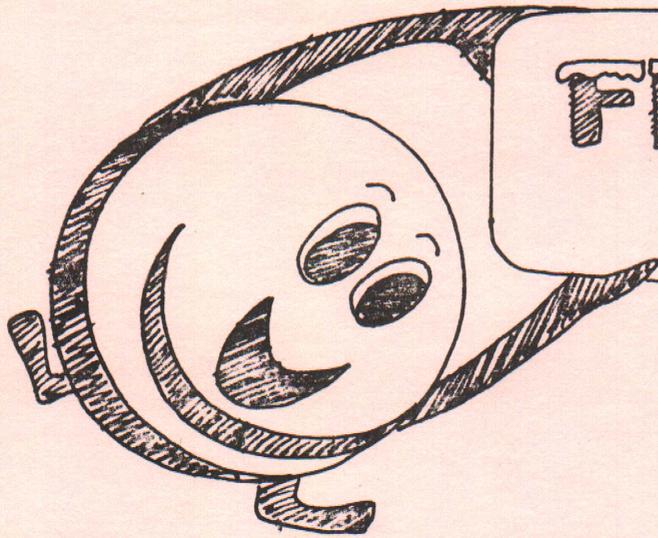
Judy VanWesten, Expanded Food and Nutrition Program

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# FREEZING... PEACHES

Information by... Judy Van Weston  
for... expanded nutrition program  
Cooperative Extension Service-MSU



**SELECT QUALITY PRODUCE** - CHOOSE FIRM, MATURE, WELL-FORMED PEACHES FREE FROM DECAY AND BRUISES. MICHIGAN PEACHES HAVE YELLOW SKINS AND FLESH. LOOK FOR GOLD COLOR UNDER RED "BLUSH".

FIRM-RIPE PEACHES STORED AT ROOM TEMPERATURE WILL BE FULL-RIPE AND READY FOR FREEZING IN 3-4 DAYS. STORE FULL-RIPE PEACHES IN THE REFRIGERATOR.

MAKE SURE PEACHES ARE "FREESTONE". THE FLESH WILL COME AWAY FROM THE PITS EASIER.

## EQUIPMENT:



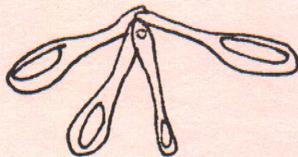
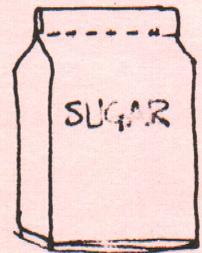
bowl



2-cup liquid measuring cup



ascorbic acid



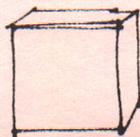
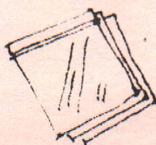
measuring spoons



pitcher



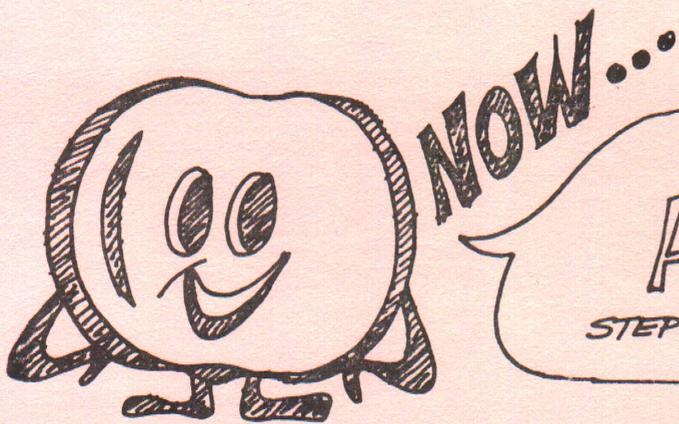
wide mouth funnel



freezer containers



knife



FOLLOW THE SIMPLE  
**HOW-TO-DO-IT**  
STEPS FOR FREEZING PEACHES

- 1 Wash your hands.
- 2 Assemble equipment & directions.
- 3 Wash peaches to be sure soil and pesticide residue are removed. Allow 1 to 1½ pounds fresh peaches for each pint.

YOU MAY... USE SWEETENED DRY PACK:



Allow  $\frac{1}{3}$  cup sugar and 2 tablespoons ascorbic acid solution ( $\frac{1}{4}$  teaspoon ascorbic acid in  $\frac{1}{4}$  cup cold water) to each pint of peaches. MIX WELL! Sprinkle dissolved ascorbic acid over the fruit just before adding sugar.

OR... USE SYRUP PACK:

Dissolve sugar in cold water - 3 to 4 cups of sugar to 4 cups of water (more or less sugar as you prefer). Light corn syrup or honey may be used to replace up to  $\frac{1}{2}$  of the sugar in the syrup pack. Use  $\frac{1}{2}$  teaspoon crystalline ascorbic acid to each quart of syrup. Pour sugar syrup over the peaches.



4 Prepare large bowl (2 quart) of cold water with one tablespoon salt and one tablespoon vinegar. This acid solution will keep the pieces from turning brown between peeling and packaging. Drain peaches when packaging into containers.

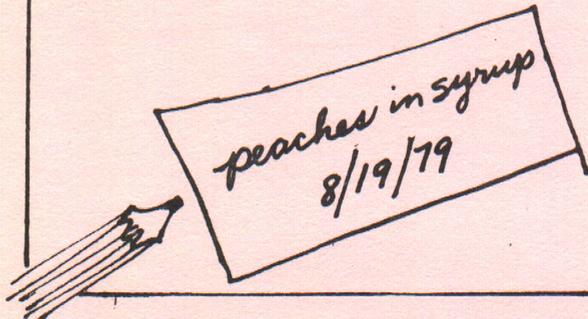
5 Pit peaches, and peel by hand for best-looking product. Peaches peel more quickly if dipped into boiling water - but have ragged edges after thawing.

6 Pour about  $\frac{1}{2}$  cup cold syrup into each pint container. Slice peaches directly into container.

7 Add syrup to cover peaches. Leave  $\frac{1}{2}$  inch head space to allow for the expansion of the fruit during freezing.

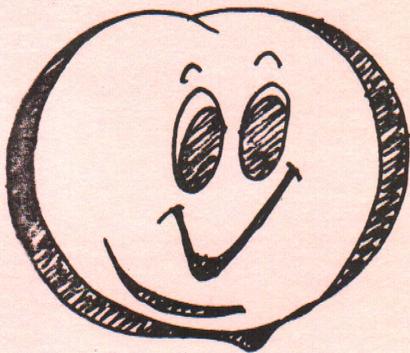
8 Put a small piece of crumpled wax paper on top of fruit to keep peaches down in the syrup. Syrup should always cover fruit to keep top pieces from changing color and flavor.

9 seal, label, and freeze.



FOOTNOTE: If desired, peaches can be frozen unsweetened.

Just pack them into containers and cover with cold water containing one teaspoon ascorbic acid (FRUIT FRESH) to each quart of water. Leave  $\frac{1}{2}$  inch head space. Run knife around edge to remove excess air. Place crumbled piece of wax paper on top of pieces to make sure peaches stay under the water.



YOU KNOW HOW TO FREEZE  
PEACHES... NOW, HERE'S

## HOW-TO-SERVE

FROZEN FRUITS

- ALLOW PEACHES (ALL FROZEN FRUIT) TO DEFROST IN THE REFRIGERATOR.
- SERVES PEACHES WHILE A FEW CRYSTALS STILL REMAIN.
- TO COOK - DEFROST JUST UNTIL PIECES CAN BE BROKEN APART. USE LIKE FRESH FRUIT - ALLOWING FOR SWEETENING AND JUICE. IF TOO LITTLE JUICE, ADD WATER TO PREVENT SCORCHING. IF TOO MUCH JUICE, USE ONLY PART OF IT AND ADD THICKENING (TAPIOCA, FOR INSTANCE).

FOR MORE INFORMATION ABOUT FREEZING CONSULT THE  
USDA BULLETIN - HOME FREEZING OF FRUITS AND  
VEGETABLES ...

OR

CONTACT YOUR LOCAL EXTENSION HOME ECONOMIST.

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