



# Food Preservation

# A Closer Look

ALABAMA COOPERATIVE EXTENSION SYSTEM / ALABAMA A&M AND AUBURN UNIVERSITIES

## FREEZING PEACHES

**F**resh peaches are delicious to eat and so are frozen ones. That is if you prepare, freeze, and store them correctly. Peaches are easy to freeze. They can be frozen, sliced or in halves, using sugar or syrup. So why not freeze some? Here's how you do it:

1. Select ripe fruit as though you were going to eat it right now.
2. Wash the fruit to remove dirt and insect spray.
3. Put 5 or 6 peaches in a thin cloth bag. Tie bag at the top. Drop into rapidly boiling water. Leave for 1 minute. Be sure peaches stay under the boiling water.
4. Take the bag of peaches from the boiling water. Place in cold tap water (ice water is good). Untie bag. Remove peaches and put them back in cold tap water.

For **SYRUP METHOD** follow steps 5, 6, 7, 8. For **SUGAR METHOD** follow steps 9, 10, 11, 12.

### SYRUP METHOD

5. To make the syrup for 1 pint of fruit, just add  $\frac{3}{4}$  cup of sugar to 1 cup of water. Stir until sugar is dissolved. (One teaspoon of ascorbic acid mixture can be added to help prevent fruit from turning dark.)

6. Now take a thin paring knife and slip the skin from the peach.

Slice the peach or cut into halves. Drop in the syrup. Peel and prepare the other peaches as you did this one.

7. Use a moisture-vapor-proof freezer container to pack the peaches in. Press peaches down to remove as much air as possible. Pour syrup over peaches, using the same syrup as was used in step 6. Leave  $\frac{3}{4}$ -inch space at the top. The syrup will expand when it freezes. Seal the package.

8. Label and date. Place in the coldest part of the freezer.

### SUGAR METHOD

9. To 1 quart of water add  $\frac{1}{4}$  teaspoon of citric acid or ascorbic acid mixture. (This helps prevent fruit from turning dark.)

10. Using a thin paring knife, slip the skin from the peach. Drop peach in the water mixture made in step 9. Peel other peaches.

11. Take fruit from water mixture, quickly slice or cut peaches in halves. (You can add 1 teaspoon of ascorbic acid mixture to  $\frac{1}{4}$  cup of water. Pour this over the sliced peaches and stir. This helps prevent fruit from turning dark.)

To 2 cups of sliced peaches add  $\frac{1}{3}$  cup of sugar. Stir to coat peaches with sugar. Taste to see if peaches are sweet enough. You may need to add a little more sugar.

12. Pack sugared peaches in a moisture-vapor-proof freezer container. Press fruit down to remove air. Fill to within  $\frac{1}{2}$ -inch of the top of the freezer container.

Seal, label, and date. Store in the coldest part of the freezer.

**You will need for either method:**

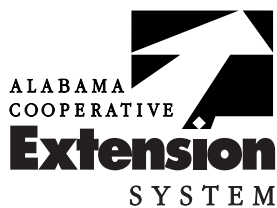
5 ripe peaches  
2 qt. thin cloth bag  
8-inch string  
1 gal. boiler with hot water  
Pt. moisture-vapor-proof freezer container  
Marking pencil (or wax crayon)  
Large spoon  
Thin blade paring knife  
Quart bowl  
Dishpan (or sink)  
Ice water

**Add these ingredients for the Syrup Method:**

$\frac{3}{4}$  cup sugar  
1 teaspoon ascorbic acid mixture (optional)  
1 cup water

**Add these ingredients for the Sugar Method:**

1 qt. of water in 2-qt. bowl  
 $\frac{1}{4}$  teaspoon citric acid or ascorbic acid mixture  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{4}$  cup water and 1 teaspoon ascorbic acid mixture (optional)



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