



Canning Peaches

A how-to guide

Preserving your own fruits and vegetables is definitely in, and South Vancouver is on top of the trend. In the summer of 2009, seasoned canners shared their expertise with wannabe canners at a workshop.

Here is their recipe and a how-to guide for canning peaches.

Ingredients

Ripe peaches - locally grown
Sugar
Water

Required equipment

Wide mouth mason jars
Lids and rings
Canning pots or large pot with rack
Two large pots
Jar tongs

Prepare the jars

Wash the jars with soapy water and rinse. Then sterilize the jars by boiling them in water for 3 minutes or placing them in an oven heated to 250°F for 10 minutes. In the meantime, keep the lids in warm water.

Peel and slice the peaches

Gently wash the peaches to avoid bruising. Do not stack them. To peel the skin, boil the peaches for 1–2 minutes then transfer to cold water. Gently rub the peaches to remove their skin. Cut the peaches to desired size and remove the pits. Fill the jar (to its neck) with peaches.

Make your syrup

To determine how much water is required for your entire batch, place cut peaches into a jar and fill with hot water. Then measure the amount of water and multiply by the number of jars you have. A ratio of 2 cups water to 1 cup sugar is recommended. Measure the water and sugar into a pot and boil till sugar is fully dissolved. Cover the peaches with sugar syrup leaving a little room at the top of the jar.

Seal the jars

It is very important to wipe clean the rim of the jars. Any peach or sugar bits left on the rim will prevent the jar from sealing properly. Take the lids out of the warm water and place on top of the jar. Screw the ring in place, being careful not to over-tighten.

Place the jars in the canning pot (if you do not have one, use a large pot with a rack at the bottom so that the jars don't touch the bottom of the pot). Fill with enough cold water to cover the tops of the jars by 1 inch. Bring the water to a rolling boil for 10 minutes.

Remove the jars and be careful not to press down on the lids (this interferes with the sealing process). Now you can tighten the rings on the jar. The jars will seal as they cool, which takes 1–2 hours. You will hear a popping sound when the jars are sealed.

Once the jars have cooled, press down on the lid – the lid should not bounce back. If it does, then the jar did not seal properly and the contents will have to be eaten within the week. Be sure to label and date your jars.