

# Freezing Peaches



Peaches are very easy to freeze. If you have some extra peaches and need to do something with them in a hurry, you can prepare them for the freezer in no time.

Peaches

Plastic freezer containers

Fruit Fresh or lemon juice

2-qt measuring cup

There are a number of ways of freezing peaches, but the easiest way is to just pack them into freezer containers or freezer bags.

Four cups of peaches will fit into a 1-qt freezer container. One medium peach is approximately 1 cup.

Choose firm, ripe peaches that haven't begun to spoil or turn brown.

Peel and pit the peaches and slice them into the large measuring cup until you have 4 cups. Slice just enough to pack into one freezer container at a time to prevent browning. To peel the peaches more easily, dip them into a bowl of boiling water for at least 30 seconds and then dip them into a bowl of ice water. The skins should slip right off.

After you have prepared the peaches, stir in 1 tablespoon of Fruit Fresh. Fruit Fresh is a powder that preserves the color of the peaches, keeping them from turning brown. You can find it with the canning supplies at your local grocery store. You can also use lemon juice.

Next pack your freezer container and place the lid on top. Label the container with the contents and date. Peaches frozen by this method will last up to 6 months in the freezer.

Options:

1. Sprinkle peaches with citric acid or lemon juice (enough to lightly coat). When you stir the peaches up with the citric acid they should look shinier, sort of glossy. This will keep the peaches from browning.
2. Dissolve 3 cups of white sugar into 6 cups of boiling water. Let cool.
3. Spoon peaches into 1 qt bag (note it takes about 4-5 peaches to fill 1 qt). Then ladle enough of the sugar water over the peaches just to cover.
4. Place in freezer.

You may also just sprinkle sugar on top. How much is up to you. Sugar adds sweetness but also preserves them.

Good Luck!