

# Preserve the harvest for winter as well

Sunday, July 22, 2018 — THE HENDERSON NEWS



**LIZ  
BUCKNER**

Extension Agent

Yes, it is that time of the year! Peach season and fig season! So in addition to enjoying the fresh fruits in wonderful dishes, be sure to preserve the harvest for win-

ter as well!

Since preserves are thickened products made from small, whole fruit or uniform-sized pieces suspended in a slightly gelled syrup, a good tip to remember when preparing preserves is to use pieces of fruit that are plump and tender.

In regard to safe sealing and processing, unless you plan to refrigerate or freeze preserves, process them in sterilized standard canning jars with self-sealing lids and ring bands.

Although generally you should process these products according to the recipe instructions, the U.S. Department of Agriculture recommends that you process them no less than 5 minutes in a boiling water canner. Because these products are processed for less than 10 minutes, the USDA recommends that you sterilize the jars before filling by boiling them in water for

10 minutes.

When the product is done pour into hot sterilized jars, leaving a ¼ inch of space at the top (head space). Wipe the jar rims and close them with ring bands and lids treated according to the manufacturer's instructions. Place them on a rack in canner filled with boiling water. The water should cover the jars by 1 to 2 inches.

Cover the container, bring the water back to a boil, and boil it gently for 5 minutes or for the amount of time specified in the recipe instructions. Remove the jars to a protected surface and cool them away from drafts.

Remember, paraffin is no longer recommended for sealing, because air can enter beneath the paraffin and encourage molding. Discard products with mold on them, and consume canned products in one year's time.

Remember, Increase Your Reserve...PRESERVE!

## **Fig Preserves** (about 10 half-pint jars)

3 quarts figs  
1 ½ quarts water  
3 quarts boiling water  
2 lemon, thinly sliced  
4 cups sugar (optional)

Pour 3 quarts boiling water over figs. Let stand 15 minutes. Drain and discard liquid.

Rinse figs in cold water and drain. Prepare syrup by mixing sugar, 1 ½ quarts water and lemon. Boil rapidly 10 minutes. Skim syrup, remove and discard lemon slices.

Drop figs into syrup, a few at a time. Cook rapidly until figs are transparent. Remove figs and place in a shallow pan. Boil syrup until thick, pour over figs and let stand 6 to 8 hours. Sterilize canning jars. Reheat figs and syrup to boiling. Pour hot reserves into hot jars, leaving ¼-inch head space. Wipe jar rims and adjust lids. Process 5 minutes in a Boiling Water Bath.

## **Old-Fashioned Peach Preserve** (about 7 half-pint jars)

2 quarts sliced, peeled, hard  
ripe peaches (10 large)  
6 cups sugars

Combine fruit and sugar; let stand 12 to 18 hours in refrigerator. Sterilize canning jars. Bring fruit and sugar mixture slowly to boiling, stirring frequently. Boil gently until fruit becomes clear and syrup thick, about 40 minutes.

As mixture thickens, stir frequently to prevent sticking. Skim, if necessary. Pour hot preserves into hot jars, leaving ¼-inch head space. Wipe jar rims and adjust lids. Process 5 minutes in a Boiling Water Bath.