

Family & Consumer Sciences Newsletter



National Peach Month

August is National Peach Month, a time to celebrate the sweet and juicy fruit that is a favorite during the summer season. Peaches are not only delicious, but they are also packed with nutrients such as vitamins A and C, and dietary fiber. This month is a great opportunity to enjoy fresh peaches in various ways, whether eaten on their own, added to fruit salads, grilled for a tasty dessert, or used in jams and preserves. It's also a good time to visit local farmers' markets or orchards to pick your own peaches and support local growers.

This month's newsletter gives information on how to preserve peaches and a peach-blueberry crisp recipe. This month's workshop on August 21st highlights the health benefits of drinking tea. Check out the Community Events section to get all the information! Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to cpjohns5@ncsu.edu.

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FOOD PRESERVATION



Let's Preserve Peaches!

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Food and Nutrition Specialist

Peaches are a delicious fruit that are “in season,” at their best quality and, often, best price in late summer. This publication provides step-by-step

Instructions for preserving them.

1. Get Ready to Can

- Before beginning to prepare fruit for canning, fill the water-bath canner about half full of clean water. For hot-packed food, preheat the water in the canner to about 180 F. Use a rack in the canner.
- Wash canning jars with hot, soapy water, then keep them hot in the canner of hot water on the stove.
- Prepare lids as recommended by the manufacturer.
- Note: Boiling the lids may result in failed seals.
- Heat a kettle of water for dipping peaches to remove their skin.
- Prepare an anti-darkening mixture, such as an ascorbic acid solution, according to the manufacturer's guidelines.
- Pure ascorbic acid is available in powdered form or as a mixture of ascorbic and citric acid in the canning section of grocery stores.

2. Choose High-quality Peaches

- Choose ripe, mature fruit of ideal quality for eating fresh or cooking. Avoid fruit with bruises or spoilage. You will use about 2½ pounds of fresh peaches to yield 1 quart of canned peaches.

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people with disabilities upon request, 701-231-7881. web-7-21

3. Prepare Peaches for Canning

- Dip peaches in boiling water for 30 to 60 seconds until the skin loosens. Dip quickly in cold water and slip off skin.
- Cut peaches in half, remove the pits and slice if desired.
- Keep peeled fruit in ascorbic acid solution.

4. Prepare Syrup

- Heat water and sugar together as shown in Table 1. Bring to a boil and pour over raw fruits in jars. For hot packs, bring the water and sugar to a boil, add fruit, reheat to boiling and fill into jars immediately.
- Other types of syrup can be found in “Home Canning Fruit and Fruit Products,” FN174, available at <https://www.ag.ndsu.edu/publications/food-nutrition/home-canning-fruit-and-fruit-products>

Table 1

Measures for Water and Sugar for 9-pint Load*

Syrup Type	% Sugar	Cups Water	Cups Sugar
Light	20	5¾	1½

*Adequate for 4 quarts

5. Pack the Peaches in Jars

Either of these methods can be used, but hot pack produces better-quality canned peaches.

- **Hot pack** - In a large saucepan, place drained fruit in syrup, water or juice and bring to a boil. Fill jars with hot fruit and cooking liquid, leaving ½ inch of head space. Place halves in layers, cut side down.
- **Raw pack** - Fill jars with raw fruit, cut side down, and add hot water, juice or syrup, leaving ½ inch of head space. Adjust the lids and process according to Table 2.

Table 2

Processing Time for Preserving Peaches in a Boiling Water-bath Canner

Product	Style of Pack	Jar Size	Processing Time (minutes) and Altitude		
			0 – 2,000 feet	2,001 – 4,000 feet	4,001 – 6,000 feet
Peaches halved or sliced	Hot	Pint	20	25	30
		Quart	25	30	35
Peaches halved or sliced	Raw	Pint	25	30	35
		Quart	30	35	40

6. Fill the Jars and Process

- Fill jars, leaving ½ inch of head space. After filling the jars with food, remove trapped air bubbles with a nonmetallic spatula, adjusting head space if needed.
- Wipe the rim of each jar carefully with a cloth or paper towel and apply the lid and screw ring. Do not overtighten the screw ring. It should be only “finger tight” or the lids may not seal properly.
- Place the jars in the canner using a jar lifter positioned below the screw band of the lid. Keep the jars upright at all times.
- Add boiling water, as needed, to bring the water level at least 1 inch over the jar tops.
- Begin timing when the water boils. Keep the canner covered during processing.
- The water should remain boiling at all times.
- When the processing time is complete, carefully remove the jars from the canner, using a jar lifter. Place the jars at least 1 inch apart on cooling racks or towels to cool at least 12 hours. Do not retighten the screw rings. Do not expose the jars to a cold surface or cold drafts, which could lead to cracking or breaking.
- Test seals the next day. A concave lid that does not move when pressed indicates you have a good seal. Remove the screw rings. Label sealed jars with the contents and canning date.
- Unsealed jars may be reprocessed safely within 24 hours.

For best quality, store jars in a cool, dark place and use within one year.

Peach Blueberry Crisp

Total Time: Prep: 15 min - Cook Time: 30 min.
Makes 8 Servings



Ingredients

- 4 cups sliced fresh or frozen peaches
- 2 cups fresh or frozen blueberries
- 2/3 cup sugar
- 3 tablespoons all-purpose flour
- 1/2 teaspoon grated lemon zest
- 1/8 teaspoon salt

Topping

- 1/2 cup all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup packed brown sugar
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 5 tablespoons cold butter

From A taste of home

For more peach ideas visit

<https://www.tasteofhome.com/>

Directions

1. Preheat oven to 375°. In a large bowl, combine peaches, blueberries, sugar, flour lemon zest and salt. Transfer to a greased 11x7-in. baking dish.
2. In a small bowl, combine flour, oats, brown sugar, cinnamon and salt. Cut in butter until mixture resembles coarse crumbs; sprinkle over fruit. Bake until bubbly and topping is lightly browned, 30-35 minutes. Serve warm.

COMMUNITY EVENTS

Join Yadkin County Family and Consumer Sciences

It's Tea Time! What Can Tea Do For You?

Come out and learn the health benefits of drinking tea. Participants will be able to learn about and sample many different varieties of tea.

Light refreshments will be served with tea pairings

August 21st 1:00PM-2:00PM

Yadkin County Agricultural
Building
2051 Agricultural Way,
Yadkinville, NC 27055

Cost: \$5

Register by August 19th

Contact Chelsea Johnson to register at
Chelsea_Johnson@ncsu or 336-849-7908

NC

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EVENT.

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THE TOWN OF YADKINVILLE PRESENT**



Learning for Life: **Financial Wellness Workshops**

Do you need help managing your money effectively? Don't be concerned! You can take control of your finances and pave the road to a more secure and prosperous future.

Join us for these **FREE** workshops taught by local professionals.
Refreshments provided!



Adulting 101: Household Budget Basics

July 29th 5:30PM - 7PM



Adulting 101: Fitness for the Future

August 12th 5:30 - 7PM



Leave the Grind Behind: Retirement Planning

August 26th 5:30 - 7PM



Ensuring Your Legacy: Estate Essentials

September 9th 5:30 - 7PM

WHERE: Yadkinville Town Hall 213 S. Van Buren Street

For more information, contact Chelsea Johnson (336-849-7908) (Chelsea_Johnson@ncsu.edu) or
Lauren Willard (336-679-8732) (lwillard@yadkinville.org)

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**Registration
Deadline:
August 16**

KOMBUCHA MAKING FOR BEGINNERS

Friday August 23, 2024
12:00 - 1:30 PM

**Learn the basics of fermentation and
enjoy a demonstration showing how you
can make your own kombucha at home.**

Wilkes County Agricultural Center
416 Executive Dr. Suite B
Wilkesboro NC 28697

Cost: \$10.00

Contact Elisa Phillips to register
elisa_phillips@ncsu.edu or 336-651-7331



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**Virtual Lunch & Learn
2nd Tuesday of the Month
at 12:00 pm EDT/EST**



**Extension At Home is a program about important
topics affecting individual and family life.
Join us and empower yourself!**

JULY 9TH HAPPINESS HOWS: PRACTICAL STEPS TO BE HAPPIER

AUGUST 13TH FOCACCIA BREAD ART

SEPTEMBER 10TH COOK WITH EASE: TIPS, TOOLS & GADGETS

OCTOBER 8TH BUDGETING FOR THE HOLIDAYS

NOVEMBER 12TH HOLIDAY CLASSICS WITH A SPIN

**DECEMBER 10TH THE WINTER BLUES: UNDERSTANDING SEASONAL
AFFECTIVE DISORDER**

**For details and registration, scan the code or find our Extension At Home
sessions at go.ncsu.edu/extensionathome**

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