## Peaches or Nectarines\n

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**Preparation** – Select well-ripened fruit and handle carefully to avoid bruising. Sort, wash and peel. \n

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**Syrup Pack** – Use 40 percent [syrup](https://nchfp.uga.edu/how/freeze/syrups.html). For a better quality product, add 1/2 teaspoon (1500 mg) ascorbic acid per quart of syrup. Put peaches directly into cold syrup in container – starting with 1/2 cup syrup to a pint container. Press fruit down and add syrup to cover, leaving [headspace](https://nchfp.uga.edu/how/freeze/headspace.html). Place a small piece of crumpled water-resistant paper on top to hold fruit down. Seal and freeze. \n

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**Sugar Pack** – To each quart (1 1/3 pounds) of prepared fruit add 2/3 cup sugar and mix well. Stir gently until sugar is dissolved or let stand for 15 minutes. To retard darkening, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. Use 1/4 teaspoon (750 mg) ascorbic acid in 3 tablespoons cold water to each quart of fruit. Pack into containers, leaving [headspace](https://nchfp.uga.edu/how/freeze/headspace.html). Seal and freeze. \n

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**Crushed or Purée**– Coarsely crush peeled and pitted peaches. For purée, press through a sieve or purée in a blender or food processor. (Heating pitted peaches for 4 minutes in just enough water to prevent scorching makes them easier to purée. For better quality, add 1/8 teaspoon (375 mg) ascorbic acid to each quart of fruit. Pack into containers. Leave [headspace](https://nchfp.uga.edu/how/freeze/headspace.html). Seal and freeze. \n