

# Proper Storage of Peaches

## GEORGIA Peaches (provided by our grower):

- In order for your peaches to ripen properly, do not place them in the refrigerator.
- Remove black plastic tray to prevent trapping of excess moisture.
- Simply put them on your counter at room temperature until they reach your desired ripeness.
- For faster ripening, place peaches in a brown paper bag on kitchen counter.
- Once your peaches have reached your desired ripeness, then and only then should you place them in refrigerator.
- Upon being placed in the refrigerator, they should last an additional week or so.
- For maximum flavor, allow your peaches to reach room temperature before eating (about 30 min.).
- Once your peaches are sliced, you can add a few dashes of lemon juice or coat with a citric acid solution to prevent excessive browning.



## COLORADO Peaches (provided by our grower):

Ripe picked peaches are extremely perishable and deserve special attention when it comes to care. Our peaches should arrive in your hands at varying degrees of ripeness. In a typical box, a few will be very ripe and will be partially bruised from the journey. These are probably the best peaches in the box and should be consumed immediately either over a sink or outside to avoid the sticky mess resulting from the juiciness! Here are a few recommendations that will allow you to get the most satisfaction out of our peaches:

- When you first get your box of peaches, sort them as soon as possible to remove the ripest ones. This is a simple process. Remove the lid and survey the top layer for peaches that are bruising. Remove those to a convenient place for expedient consumption. Gently feel the rest of the top layer for other soft peaches immediately ready to eat. Separate the ones that are immediately ready to eat from those that are firmer on the top layer.
- Remove the foam separator between the top and bottom layer and repeat the above actions with the second layer.
- Then, REFRIGERATE softer peaches if they will not be consumed right away and leave the firmer ones out on the counter top to soften up. Once the counter top peaches soften up, they should be refrigerated as well to reduce the chance of spoilage.

## Tips for Freezing Peaches:

- Peaches should be soft & ripe before freezing.
- Peel & slice peaches into a bowl of water mixed with a citric acid powder, making sure to cover the entire slices of peach with the water solution. This will keep peaches from turning brown when they are thawed.
- Drain all water from the peaches before freezing.
- Sugar may be added to the peaches at this point, if desired.
- Cover a cookie sheet with wax paper and lay out peaches.
- Put tray in freezer until peaches are very firm. (This will make sure that your peaches will not freeze into one large mass.)
- Pull peaches out of freezer and pack them in freezer bags about  $\frac{3}{4}$  full.
- Flatten bags and put your peaches back into the freezer.

## Freezing Peaches Whole:

- Set peaches of desired ripeness on a cookie sheet, whole, without washing (the fuzz can help them from getting freezer burnt and the skins will be removed before use), and place in freezer.
- Once frozen solid, place whole peaches in double-bagged grocery sacks or freezer bags and return them to the freezer.
- Pull whole peaches from the freezer as need and run under hot water. The skins should peel right off. Let sit or defrost in the microwave for a short time to soften and remove the pit. This is an easy option for the busy schedule, no mess, no sugar, no canning.



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