

# *Just Peachy*



Peaches originated in China and have been cultivated since 1000 BCE. The peach tree is considered the tree of life and peaches are symbols of immortality and unity.

Peaches are a good source of vitamins A, B and C.

To ripen peaches, place in a brown paper bag for 2 to 3 days on your counter.

**Kid Friendly Peach Freezer Jam:** This is a simple no cook recipe that the whole family can get involved in. Children can chop, stir and mash the jam as well as spoon it into jars.

2 1/2 pounds of ripe peaches

1 1/2 cups granulated sugar

3 tablespoons freshly squeezed lemon juice

1 package no-sugar needed fruit pectin

3/4 cup water

- Peel the peaches and dice into bite sized pieces. Place in a medium bowl and mash with a potato masher until desired consistency.
- Add the sugar and lemon juice and stir. Let stand while you prepare the pectin.
- Place the pectin and water in a small saucepan, whisk to combine. Bring to a boil over medium high heat and then boil for 1 minute more. Remove from heat.
- Pour the hot pectin mixture into the peach mixture and stir to combine. Continue to stir until mixture begins to thicken, about 3 minutes
- Divide the mixture between 6 (250ml) clean, dry jars, leaving a least 1cm room at the top. Tightly seal jar and let sit at room temperature for 24 hours before freezing or refrigerating.



Jam can be frozen for up to one year. Defrost in the fridge. Once thawed, freezer jam can be stored in the fridge for up to one week.