

CAUTION AGAINST CANNING WHITE-FLESHED PEACHES OR NECTARINES



New research has shown that white-fleshed peaches and nectarines are **higher in pH and lower in acid** than traditional yellow-fleshed varieties. Do **not** use white-fleshed peaches or nectarines for canning. The recipes in this bulletin that call for peaches are only safe when using the yellow-fleshed variety.

CAUTION AGAINST CANNING ELDERBERRIES AND ELDERBERRY JUICE



Research published in 2015 investigated varietal characteristics of 12 different genotypes of elderberry (*Sambucus* spp.) grown in Oregon and Missouri. Over 400 samples were analyzed, and the average pH of the fruit was 4.92. Elderberries and their juice are **low in acid** (high in pH) **and cannot be safely used in Extension-recommended recipes** that have been tested with other berries that are naturally high in acid, such as blueberries or blackberries.