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.