



A Day Canning Peaches

by Cindy Barents

Toward the end of the summer, usually on a sunny Saturday, my grandmother would grab a few bushel baskets and we would make our way to one of the neighbor's farms. Peaches were in season and it was time to fill the shelves of the fruit cellar with jars of their golden goodness.

After getting home with our bounty, the real work began. The fruit was halved, pitted and peeled. Grandma was a whiz with the paring knife and her pile of discarded, fuzzy skin grew exponentially faster than mine.

In a large saucepan, we measured a half cup sugar for every cup of water we would need to make the syrup. The amount depended on the number of peaches we had brought home. While the syrup was heating, we stacked the peach halves face down in the empty glass quart jars that had been washed and sterilized earlier that morning. They looked so pretty!

When the syrup boiled, we filled the jars with it, wiped the tops with a damp cloth, added a lid that had been scalded and was soaking in warm water, then fastened the metal ring. Grandma had a large, deep "canner," with a rack, to process the filled jars in. After adding just enough hot water to submerge the jars, we turned on the heat and covered the pot.

It simmered for about a half an hour and then it was time to take the peaches out. Grandma used tongs to place the hot jars on the kitchen counter that was lined with old towels. As the jars cooled, they made a distinctive "pop" when the lids depressed and sealed. It was such a satisfying sound!

The next morning, the rings were removed and the peaches were taken to the cellar and stored on the shelves there until the cold months of winter when we all needed a little reminder of some summer sunshine.



Dear Friends,

The end of summer brings back many fond memories of my Grandma Nellie. Refrigeration was limited in her time, so the surplus from her garden—corn, green beans, tomatoes—needed to be canned. She preserved spiced peaches, watermelon rind, and cherry jam, as well as apples to make sauce, butter, and jelly. She also picked chokecherries on the roadside to make jelly. After all of her efforts, she had a cellar full of the very best food!

Even though canning is not as essential today as it used to be, DIY trends, or maybe recent supply chain issues with food, have led to some renewed interest. If you are thinking about giving it a try and want to put away the last of your summer bounty, make sure you become educated on the process and do so safely!

Grandma Nellie was an amazing role model. She taught us so much and I dearly hope to follow in her footsteps. Love you forever, Granny! xxxo

Take care,

Susan



Hey Kids! Enter the Eggnog Bottle Contest

This year, our contest theme is "A Cowboy Christmas." Draw your ideas and enter for a chance to see your design on our 2023 Holiday Eggnog bottles. Include the year "2023" in your design. Create your entry using the form on the back side or on a blank sheet within a 4 1/2" x 1 1/2" rectangle. Draw with a black pen or marker to make dark lines. Use only one additional color.

You can enter more than one time. Write your name, age, school and grade, and your parent's name, address, phone number, and milk delivery customer number on the bottom of each page you enter. The contest is open to students who are in grades Kindergarten through 12th grade and whose families are current customers of Longmont Dairy. For more details, visit LongmontDairy.com/contest-rules. Email your entry to customerservice@longmontdairy.com before midnight on August 13, 2023.

Name: _____ Parent's Name: _____ Age: _____

Address: _____ Customer Number: _____

Phone: _____ School: _____ Grade: _____



MOOO RECIPES



Developed in the late 1980s as a combination of black tea with milk and fen yuan, a Taiwanese tapioca dessert, the fun, contrasting textures of Bubble Tea are now enjoyed by millions around the world. Serves 4.



Peach Bubble Tea

- 1/3 c. maple syrup
- 1/2 tsp. vanilla extract
- 1/4 tsp. ground ginger (optional)
- 2 peaches, peeled, pitted, and diced
- Pinch of salt
- 1 c. tapioca pearls
- 1 c. Longmont Dairy Iced Tea
- 1-2 c. Longmont Dairy Whole Milk

Mix maple syrup, vanilla, ginger, and 1/4 cup water in a small saucepan over medium heat. Add peaches and salt, and simmer 15 minutes, until tender, adding more water if necessary. After cooking, put peach syrup mixture into a blender with a vented lid and blend until smooth.

Boil the tapioca pearls until they rise to the surface and are chewy, about 5 to 7 minutes. Divide cooked pearls between four 12-ounce cups, then top with 1/4 cup tea and 2-3 tablespoons of peach syrup, mixing well. Add 1/4 - 1/2 cup milk, to taste. Stir and enjoy!



Orange Cream Milk is Back!

Creamy and delicious, like an orange creamsicle in a bottle. It makes a nutritious dessert or snack. Made with 2% milk and natural ingredients.



Calling All Chocolate Lovers!

Available for a limited time, Mary's Mountain Fantasy Fudge Cookie Dough is made in Fort Collins with natural unsweetened cocoa, chocolate chips, and has a rich chocolatey taste. Stock up by the end of August!



Clip and file in your recipe collection!
Use this QR code to find the recipe online.



AUGUST—PRODUCTS OF THE MONTH



Bread

Cinnamon Peach
Cobbler

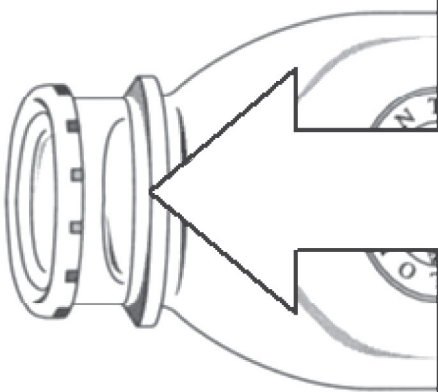
Prefare Meal

Corn and Roasted
Green Chile Chowder

Rome's Sausage

Polish
Sausage

Design your Eggnog Bottle here, or within a 4 1/2" x 1 1/2" rectangle.



You can use the above rectangle as a guide. Be sure to include your name and address on the reverse side of your entry.