



UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: edmfpu@ucanr.edu

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Preserve today, Relish tomorrow

Summer Salsa

Peaches and pears and tomatoes. How can you lose? The fruit adds a sweet element to this salsa. Use it as a condiment for grilled meat, fish and vegetables.

Yield: about 12 eight-ounce jars or 6 pint jars

- 4 cups peeled, cored, chopped tomatoes
- 2 cups peeled, pitted, chopped peaches treated to prevent browning and drained.
- 2 cups peeled, cored, chopped pears treated to prevent browning and drained.
- 1 red bell pepper, seeded and finely chopped.
- 1 cup chopped red onion\3 to 4 jalapeno peppers seeded and finely chopped.
- ½ cup loosely packed, finely chopped cilantro.
- ½ cup liquid honey
- Grated zest and juice of 1 lemon
- ¼ cup balsamic vinegar
- 1 Tbsp. finely chopped fresh mint.

To prevent fruit from browning:

You can use a commercial produce protector containing ascorbic acid and citric acids. Follow manufacturer's instructions. Alternatively, submerge cut fruit in a mixture of ¼ cup lemon juice to 4 cups water.

After chopping tomatoes, place them in a colander and drain off excess liquid. Reserve the liquid and freeze for later use. Then measure the 4 cups required in the recipe.

In a large stainless-steel saucepan, combine tomatoes, drained peaches and pears, red pepper, jalapeno peppers, and onions. Bring to a boil over medium-high heat, stirring constantly. Add all other ingredients. Reduce heat and boil gently, stirring frequently, until slightly thickened.

Ladle hot salsa into hot jars leaving ½ inch headspace, using a slotted spoon. Remove air bubbles and add more salsa, if needed. Wipe jar rims clean. Place lids and rings on jars, tightening rings finger tight.

Process 8-ounce jars in a boiling water bath or atmospheric steam canner for:
0-1000ft. for 15 minutes, 1001-6000 ft for 20 minutes, above 6000 ft. for 25 minutes.

Process pint jars in a boiling water bath or atmospheric steam canner for:
0-1000ft. for 20 minutes, 1001-6000 ft for 25 minutes, above 6000 ft. for 30 minutes.

Before removing the canner lid, wait 5 minutes then remove jars, cool 24 hrs, remove rings and clean jars, label, and store.

Source: *Ball Complete Book of Home Preserving, 2006*

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8/24/2023