

## All About Cherries

### Seasonal Crop Growth



Adapted from Washington State Harvest Calendar  
([www.pickyourown.org/WAharvestcalendar.htm](http://www.pickyourown.org/WAharvestcalendar.htm))

### Nutrient Power Pack

Cherries contain key nutrients that benefit your health.  
½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶ Less than 2%

2–9%

◀ **Vitamin C**

**Folate** ▶ —

2–9%

◀ **Potassium**

**Calcium** ▶ Less than 2%

Less than 2%

◀ **Iron**

**Fiber** ▶ 2–9%

—

◀ **Vitamin K**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* **Washington** leads the nation in sweet cherry production followed by **California**.
- \* The phytochemicals **anthocyanin** and **lycopene** improve memory, heart and urinary tract health, and reduce the risk of cancer and heart disease.
- \* It takes about **six years** after a cherry tree is planted for it to produce its **first crop**.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

WASHINGTON STATE UNIVERSITY  
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

**WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.**

Rev. March 22, 2018





## Selecting and Storing Cherries

- ☞ Choose firm, plump, shiny cherries with green stems attached.
- ☞ Avoid cherries that are soft or have brown spots and those that appear either hard, shriveled or dull.
- ☞ Cherries can bruise easily so handle them with care.
- ☞ Cherries should be stored in the refrigerator immediately and are best when used within three to five days.
- ☞ There are many varieties of sweet cherries such as Chelan, Rainier, Lambert and Bing. Try a new variety today!
- ☞ Cherries are delicious as a snack. Just grab a handful and enjoy, or remove pits and add to fruit salads, cereals or yogurt.
- ☞ For a summer treat in winter, use frozen cherries in salads, baked items or as a snack while still slightly frozen.

## Cherry Salad

**Makes 4 servings**

- ½ cup sweet cherries
- 1 cup cantaloupe, cubed
- 1 cup green grapes, cut in half
- 1 medium banana, peeled and sliced
- ¼ cup orange juice
- ¼ cup flaked coconut (*optional*)

- 1 Wash all fruit.
- 2 Cut all the fruit. Slice cherries in half and remove pits.
- 3 Place all fruit in a large bowl and stir to combine.
- 4 Pour orange juice over fruit. Add coconut, if desired.
- 5 Refrigerate leftovers within 2 hours.

*Adapted from [www.foodhero.org](http://www.foodhero.org)*

## Northwest Cherry Salsa

**Makes 3 servings**

- 1 cup sweet cherries, pitted
- 1 tablespoon chopped fresh basil
- 2 tablespoons finely chopped bell pepper
- 1 teaspoon lemon juice
- ¼ teaspoon grated lemon peel
- ¼ teaspoon Worcestershire sauce
- ⅛ teaspoon salt
- Dash of hot pepper sauce (*optional*)

- 1 Chop cherries.
- 2 Combine all ingredients and mix well.
- 3 Refrigerate for at least 1 hour before serving to allow flavors to blend.

*Note: Goes great with poultry or pork.*

*Adapted from Country Woman Magazine, March/April 1992, p. 33*

## Light Almond Custard with Sweet Summer Cherries

**Makes 6 servings**

- 2 eggs, beaten
- ⅓ cup sugar
- Pinch of salt
- 2 cups low-fat milk
- ¼ teaspoon vanilla extract
- ¾ teaspoon almond extract
- Sprinkling of ground nutmeg (*optional*)
- 1 ½ cups sweet cherries, washed, pitted and quartered
- 6 tablespoons slivered almonds

- 1 Preheat oven to 325°F.
- 2 In a small bowl, beat together eggs, sugar, salt and extracts. Whisk in milk.
- 3 Distribute mixture evenly into six custard or coffee cups. Sprinkle with nutmeg, if desired.
- 4 Place cups in a 13×9-inch baking dish. Add HOT water to baking dish until it is halfway up the side of the cups.
- 5 Bake for 60 minutes. Remove from oven and let cool.
- 6 Serve warm or chilled. Top each with ¼ cup cherries and 1 tablespoon almonds.