



Give Them More
of the
Good Stuff!

Cherry Basics



Shop and Save

- ✿ Look for fresh cherries that are shiny and plump.
- ✿ Attached stems should be green and bend easily. Cherries with stems stay fresh longer.
- ✿ Avoid cherries that are bruised, wrinkled, moldy or soft. Cherries do not continue to ripen after picking.
- ✿ Sweet and tart cherries are available anytime frozen, canned, dried or as juice.

Cherries contain antioxidants, which help strengthen our immune system and protect against disease.



Types of Cherries

- **Sweet cherries** - firm texture, sweet flavor, varies in color from dark red to yellow with a red blush. Enjoy them fresh from June through August.
- **Sour or tart cherries** - smaller size with soft, juicy flesh and a bright red color. Available fresh in June or July. Usually cooked or dried with added sweeteners.



Cherry Math:
1 pound of
fresh sweet cherries =
3 cups whole =
1½ cups pitted



Pitting Cherries

- ✿ Use a **cherry pitter**.
- ✿ Use a **paring knife** to cut each cherry in half and remove the pit.
- ✿ Use a sturdy **straw**, **chopstick** or **skewer** to push the pit through the cherry from the stem end.
- ✿ Insert the loop of a partly opened **paper clip** through the stem end and under the pit. Pop the pit back out the top.

Store Well Waste Less

- **Keep cherries cold and dry to slow spoilage. Remove bruised or moldy cherries, then refrigerate in a bag or container that allows air to circulate. Wash just before using. Plan to use within about a week.**
- **For longer storage, freeze pitted cherries on a tray, then package for the freezer. Use within 12 months.**



- **Store canned cherries at room temperature for up to a year. Refrigerate after opening and use within a week. Dried cherries are best quality if used within 18 months.**



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Cherries!

Cherry Puff Pancake

Ingredients:

3 eggs

1/2 cup nonfat or 1% milk

1 teaspoon vanilla

1/2 cup all-purpose flour

1 Tablespoon sugar

Pinch of cinnamon

2 Tablespoons margarine or butter

2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained

1/4 cup sliced almonds (optional)

Directions:

1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put 2 Tablespoons of margarine or butter in a 10- or 11-inch oven proof skillet or 2 1/2- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 wedges. The center puffs will flatten during cooling.
7. Refrigerate leftovers within 2 hours.

Makes 4 wedges

Prep time: 15 minutes

Cook time: 15 to 20 minutes

Visit Foodhero.org for more easy, tasty recipes for cherries!

Cherry Scones

Ingredients:

1 cup whole wheat flour

3/4 cup all-purpose flour

1/3 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 cup dried cherries, or chopped fresh, canned or frozen and thawed cherries. Drain canned or frozen cherries well.

1/4 cup butter, melted

2/3 cup buttermilk

1 teaspoon vanilla

Directions:

1. Preheat oven to 400 degrees F.
2. Combine the whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add the cherries and mix lightly.
4. In a small bowl, combine the melted butter, buttermilk and vanilla. Add to the dry ingredients and mix gently.
5. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 or 3 days.

Makes 10 scones

Prep time: 20 minutes

Cook time: 20 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash cherries under cool running water.
- remove pits from cherries.
- measure ingredients and stir them together.