



# Fruit of the Month Cherry

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**C**herries are drupes, or stone fruits, related to plums and more distantly to peaches and nectarines. They have been enjoyed since the Stone Age—pits were found in several Stone Age caves in Europe. The Romans carried cherries throughout Europe and England along the routes of conquest.

Nutrition Facts	
Serving Size (73g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 10g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 8%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cherries are grown in several regions of this country, but seventy percent of the cherries produced in the U.S. come from four states (Washington, Oregon, Idaho, and Utah).

**Varieties:** There are two main types of cherries: sweet and sour. Sour cherries are lower in calories and higher in vitamin c and beta carotene than sweet cherries.

### Sour:

*Montgomery* This variety is the best known sour cherry. It is mostly canned or frozen for use as pie filling or sauce. They are grown mostly in the eastern and Midwestern states.

### Sweet:

*Bing* This variety is the best known sweet cherry. It is large, round, extra-sweet and has a purple-red flesh and a deep red skin that is close to black when fully ripe. The Bing is available from the end of May until early August.

*Lambert* This variety is the second most popular sweet cherry. It is smaller than the Bing and is more heart shaped. It has a dark-red skin and a rich flavor. Lamberts are available a bit longer than the Bing, usually until the end of August.

*Rainer* This variety is sweet with a yellow or pinkish skin. It is milder and sweeter than the Bing. However, this variety is grown in limited quantities.

Royal Ann This variety has a blush-yellow skin and is often canned or made into maraschino cherries.



**Selection:** Buy cherries that have been kept cool and moist, as flavor and texture both suffer at warm temperatures. Cherries have a limited growing season and any fresh cherries grown in the U.S. sold after August probably came from cold storage. Small quantities of sweet cherries are imported from New Zealand during the winter months, but these may be difficult to find.

At the market, pick a handful of cherries at a time and only select the best fruit. This may be time-consuming, but the reward will be better cherries. Good cherries should be large (one inch or more in diameter), glossy, plump, hard and dark-colored for their variety. Buy cherries with stems on, they should be fresh and green. Reject undersized cherries or those that are soft or flabby. Avoid fruit that is bruised or has cuts on the dark surface.

If you find many damaged fruits at the market, consider buying cherries somewhere else, as a number of spoiled cherries will start the others to decay.

**Storage:** Loosely pack unwashed cherries in plastic bags or pour them into a shallow pan in a single layer and cover with plastic wrap to minimize bruising. Store cherries in the refrigerator and cherries in good condition should last up to a week. Check the fruit occasionally and remove the cherries that have gone bad. Wash the fruit before eating.

You can freeze cherries by rinsing and draining thoroughly, spreading them out in a single layer on a cookie sheet and placing in the freezer overnight. Once the cherries are frozen, transfer them to a heavy plastic bag. The frozen fruit may be kept up to a year.



**Preparation:** Most cherries bought at the market are eaten raw, alone or accompanied by other fruits. Simply wash the fruit and serve with the stems.

For cooking, pit cherries either by hand or with a pitter. Poaching is the most common form of preparation. Drop cherries into a small amount of simmering water, or a combination of water and wine, and cook for one to three minutes until soft. Poach using the formula of one cup liquid to two cups cherries.

## Make cherries part of your 5 A Day



- Add cherries to a fruit salad to add color, flavor and variety
- Poached cherries make an excellent topping for low fat ice cream or low fat frozen yogurt
- Dried cherries add sweetness to oatmeal or trail mix

## ..... Recipes .....

### **Fresh Northwest Cherry Salsa**

Makes 4 servings, each serving equals one 5 A Day serving

Source: Produce for Better Health

2 cups pitted fresh or frozen sweet cherries

1/3 cup Basil, fresh, chopped

1/3 cup Green peppers, finely chopped

2 tsp Lemon juice

1/2 tsp Each of: Worcestershire sauce and grated lemon peel

1/4 tsp Salt

Dash of bottled hot pepper sauce

Chop cherries in food processor or manually. Combine all ingredients; mix well. Refrigerate at least 1 hour.

Nutritional Analysis per serving: Calories 124, protein 0g, fat 0 g, percent of calories from fat 2%, cholesterol 0 mg, fiber 5 g, sodium 168 mg

### **Grilled Salmon Cherry Sauce**

Makes 6 servings, each servings equals one 5 A Day serving  
Source: Northwest Cherry Growers

3 cups pitted Northwest fresh sweet cherries  
1/2 cup water  
1/2 cup dry white wine  
1/4 cup chopped onion  
1 clove garlic, finely chopped  
2 Tbsp honey  
2 Tbsp fresh lemon juice  
1 tsp freshly grated lemon peel  
1/2 tsp salt  
1/4 tsp crushed red pepper flakes

In large saucepan, combine all ingredients; bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, 30 minutes or until mixture thickens, stirring frequently. Great served over grilled salmon.

Nutritional Analysis Per Serving: 172 calories, 2g protein, 1 g total fat, 5% calories from fat, 36g carbohydrate, 0 mg cholesterol, 4.0 g fiber and 370 mg sodium.

**Cherry and Smoked Turkey Salad**

Makes 4 servings, each serving equals two 5 A Day servings  
Source: Northwest Cherry Growers

12 ounces smoked turkey, sliced  
2 cups Northwest fresh sweet cherries, pitted  
1 mango\*, pared and sliced  
1 kiwi fruit, sliced  
1 cup Napa cabbage, shredded  
Spicy Dressing

Arrange turkey, cherries, mango and kiwi fruit on shredded Napa cabbage.  
Drizzle Spicy Dressing over salad.

Spicy Dressing: Heat 2 tablespoons vegetable oil and 1 clove crushed garlic until hot but not smoking; cool and remove garlic. Add 2 tablespoons balsamic or red wine vinegar and 1 tablespoon *each* honey and hot dry mustard\*\* and 1/2 tsp *each* ground ginger and salt; mix well. Makes about 1/3 cup.

\*One large nectarine may be substituted for mango.

\*\*One tablespoon of your favorite mustard may be substituted.

Nutritional Analysis per serving: 292 calories, 19 g protein, 7g total fat, 20% of calories from fat, 42g carbohydrate, 49 mg cholesterol, 4g fiber, and 668mg sodium.

**Cherry Pepper Salad**

Makes 4 servings, each serving equals three 5 A Day servings  
Source: Northwest Cherry Growers

1 cup Northwest fresh sweet cherries, pitted  
1 cup each thinly sliced sweet yellow and green peppers  
1/4 cup thinly sliced mild chili pepper  
2 Tbsp finely chopped onion  
2 Tbsp white wine vinegar  
1 Tbsp olive oil  
1 tsp sugar  
salt and pepper to taste  
1 Tbsp pickled ginger strips, optional  
4 cups mixed greens

Toss together all ingredients except greens; refrigerate 1 hour or longer.  
Serve on mixed greens.

Nutritional Analysis per serving: 127 calories, 3g protein, 4 g fat, 27% of calories from fat, 22g carbohydrate, 0 mg cholesterol, and 541 mg sodium

## Southwestern Style Cherry Slaw

Makes 6 servings, each serving equals four 5 A Day servings  
Source: Northwest Cherry Growers

**Slaw:**

4 cups shredded green cabbage  
3 cups sweet cherries, pitted and halved  
2 cups torn fresh spinach leaves  
1 cup shredded jicama  
1 cup shredded carrot  
1/2 cup snipped fresh cilantro  
1/2 cup diced red onion

**Dressing:**

2 Tbsp olive oil  
2 Tbsp fresh lime juice  
2 Tbsp frozen lime juice concentrate, thawed  
1 jalapeno pepper, seeded and minced  
1/2 tsp lime zest  
1/4 tsp each chili powder, ground cumin and salt

In large serving bowl, combine ingredients for Slaw. In small saucepan, combine Dressing ingredients; heat to boil. Pour over salad and toss gently to coat.

Nutritional Analysis per serving: 158 calories, 3g protein, 6 g fat, 29% of calories from fat, 27 g carbohydrate, 0 mg cholesterol, and 126 mg sodium.