



CHOOSE CHERRIES

Factsheet 10-60



DARK SWEET CHERRY FROZEN YOGURT

Wash 10 cherries gently in cold water. Remove the stem and carefully cut in half to take out the pit. Stir into low-fat vanilla frozen yogurt. Enjoy as a refreshing snack or dessert.

CHILLY CHERRIES

Wash and dry your fresh cherries leaving the stems on. Freeze them in a plastic bag with the air squeezed out. Enjoy them lightly frozen.



Did You Know?

- Cherries are drupes--fruits with stones--and are related to the plum, and more distantly to the peach and nectarine.
- The United States is a large producer of cherries, with most cherries coming from Washington, California, Oregon, Michigan and Idaho.
- Some varieties of cherries can be quite tart or sour. These varieties are mainly grown in Michigan. They are usually canned or frozen for use as pie fillings.
- The season for cherries is fairly short, from late June to mid-August. They are a delicate fruit that must have very specific growing conditions. Only 20 countries in the world have the right climate to be able to produce them.

Sweet cherries contain vitamin C, potassium and fiber. One cup (about 20 cherries) has about 100 calories.

Most cherries range in color from red to a dark purple that looks almost black. The Rainier cherry, however, has a golden skin with a touch of pink or light red stripes.

When you find cherries at the store, choose ones that are fresh, firm, and bright. They should still have their stem attached. Handle the cherries gently and refrigerate as soon as possible.



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