

CHERRIES



Nutrition & Storage

*Michigan-grown cherries
are available during*
JUNE AND JULY

GOOD FOR YOU

Cherries are nutrition powerhouses!
*source of **vitamin C**, **fiber**, and **potassium**.*
*Tart cherries are also high in **vitamin A**
and **anthocyanins**.*

Make them last

- Select fruits that are not bruised or damaged
- Refrigerate cherries as soon as possible – bring a cooler if you pick your own
- Wash with cool water before using

How much?

1 pint = 3/4 lb or 2 cups

1 quart = 1 1/2 lbs or 4 cups

1 lug = 25 lbs or 8 to 12 quarts
of canned cherries

1 lb (unpitted) cherries = 1 3/4 cups pitted



CHERRIES

Pick some for later

Both sweet and tart cherries can be frozen, dried or canned. For a cooling snack, place washed, pitted sweet cherries in a single layer on a cookie sheet in your freezer. Once solid, place in freezer containers and enjoy a handful for a refreshing treat.

For additional freezing and canning instructions, visit http://msue.anr.msu.edu/resources/michigan_fresh_cherries

Cherry Freezer Jam

A Michigan favorite. Also great served over ice cream.

MAKES 8 HALF PINTS

INGREDIENTS

- 3 c pitted, ground cherries
- 1 box (1 3/4 ounces) powdered pectin and 1 cup of water, or 1 pouch (3.175 ounces) liquid pectin
- 5 c sugar

PREPARATION

Mix cherries and pectin. Let stand about 20 to 30 minutes, stirring every 5 minutes. (If powdered pectin is used, combine it with water and boil 1 minute, stirring constantly.) Add sugar, stirring until sugar is well blended and completely dissolved. Pour jam into freezer containers, leaving 1/2-inch headspace. Let stand at room temperature for 24 hours to set. Label, date and freeze or store in the refrigerator for up to four weeks.

For more recipes, visit www.canr.msu.edu/mi_fresh/ or Health4U.msu.edu



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