

Cherry Cereza



Try It!



Selection

Fresh cherries should have a dark, full red or purple color, firm, glossy and plump. Avoid soft or mushy cherries. Color may depend on type of cherry.

Uses

Cherries can be used in a variety of ways, including fresh, frozen, canned, brined or dried. Cherries have been used to make wine and juice, and are also used in many cooking and baking recipes. 75% of produced sweet cherries are sold to be eaten fresh.

Tart cherries are softer than sweet cherries and hold up better during baking cobbler, pies, and crisps. Cherries are also the perfect fruit to preserve canned jams, jellies, syrups, glazes, and sauces. Most think of using cherries in sweet recipes, but they are great in savory dishes too.

TART CHERRY PORK

Ingredients

- 1 pound boneless pork chops
- Olive oil
- 3/4 cup cherry juice (may also use pomegranate or cranberry juice)
- 1/3 cup tart cherries
- 1/4 cup balsamic vinegar
- 1 tsp corn starch
- 1 tsp water

Instructions

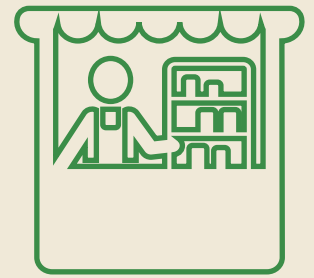
1. Brown the chops in oil in a skillet, 4 minutes on each side. Remove chops and keep warm.
2. Add juice, cherries, and balsamic vinegar to skillet. Bring to a boil; reduce heat and cook for 2 minutes.
3. Combine corn starch and water and stir into juice. Bring to a boil and cook for 1 minute.
4. Add pork back to the skillet and simmer in sauce for 2 minutes. Serve pork with sauce.

History & Fun Facts

Cherries are not a native fruit, but was brought to the U.S. in the early 17th century. Although there are many varieties of cherries, the two main types produced in the U.S. are sweet and tart (or sour) cherries. The U.S. is the 2nd largest producer of cherries in the world, following Turkey.

Maraschino cherries are preserved, sweetened cherries typically made from light colored sweet cherries (Rainier or Gold.) Cherry pits can be used in pellet stoves to heat homes. Cherries are high in antioxidants, which research has shown to neutralize free radicals, the unstable molecules linked to the development of cancer, heart disease, and age-related diseases, such as Alzheimer's.

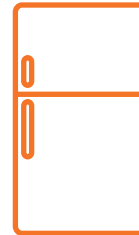
A recent trend has been to consume tart cherry juice, which has been shown to soothe sore muscles and help with sleep.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Cherries are highly perishable and should be refrigerated as soon as possible.
- Store fresh in the refrigerator in a loose plastic bag to allow for proper exposure to oxygen. Rinse just before use. Use within 1-2 days. Remove any spoiled cherries, as they can make the others go bad.
- To freeze cherries, wash and pat dry. Remove stems and pits. Freeze on a tray, then store in a freezer bag. Use within 1 year.
- To dry, wash fruit and cut in half. Remove the pits. Wash fruit. Cherries can be dried safely without any pretreatment (adding acid), but pretreating may preserve the natural color and speed drying.

NUTRITION FACTS

- Cherries contain 19 times more beta carotene than blueberries and strawberries!
- Rich in antioxidants
- Good source of fiber
- Good source of Vitamins C and E
- Good source of folate, iron, and magnesium



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FOR MORE INFORMATION...

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