

# Cherries



## Selecting

The majority of cherries available are Sweet varieties, though Sour and Red Tart varieties are also available in some parts of Canada.

When selecting sweet cherries, look for fruit that is plump and firm. The skin colour should be deep red or yellow, and the stems should be green. Avoid cherries that feel sticky – they are overripe and leaking their juice.

## Storing

Before storing cherries, pick through them to remove any soft fruit.

Line the bottom of a bowl or plate with paper towel and load the firm cherries on top. Cover loosely and place in the fridge as soon as possible.

## Preparing

To prepare cherries for eating, rinse them in cool water and drain on paper towel. Leave the stems on if you wish.

## Eating

Sweet cherries are enjoyed raw – served as is, or pitted. Pitted cherries are also an excellent ingredient for muffins, fruit salads, pies, cold soups, sauces and jams.

Sour cherries are not eaten raw, but the impact of their tart flavour makes them popular for use in pies, jams, sauces, pancakes, crisps and cobblers.

## Seasonality:

Local sweet cherries are available June through August, but availability of sweet cherries is extended with later arriving imports at the grocery store. Sour cherries are available in July.

## Nutrition:

Twenty cherries have about 80 calories. Cherries are a source of fibre, Vitamin C, and potassium. Sweet cherries are rich in antioxidants, but sour cherries, on average, have five times the concentration.



This recipe uses frozen cherries which are available all year long.  
[www.halfyourplate.ca/recipe/mocha-cherry-barley-muffins/](http://www.halfyourplate.ca/recipe/mocha-cherry-barley-muffins/)

