

CHERRY

Cherries belong to the Rose family. They have a very short season, and do not last very long once ripe. They are grown across North America, but are thought to have originated from an area in present-day Turkey.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- STEW

RECIPE IDEAS

- SALAD
- ADD TO SALSA
- ADD TO SAUCE FOR BEEF OR PORK

STORAGE

- Refrigerate in a plastic bag for up to 1 week. Do not wash until ready to use.
- Once ripe, chop and freeze in an airtight container.

NUTRITION

- Good source of Vitamin C and fiber

TIPS

- Cherries have a short shelf life: pit and freeze cherries for later use in smoothies, desserts, or as a tasty frozen snack!
- To really bring out the flavor of cherry, use 1/4 teaspoon of pure almond extract.





CUCUMBER CHERRY SALAD

- **1** cucumber (about 3/4lb), diced
- **1 tbsp** cider vinegar
- **1 tbsp** olive oil (or other salad oil)
- **1/4 lb** cherries, halved and pitted
- **1/4 c** fresh cilantro, finely chopped
- **Salt** and pepper to taste

IN A MEDIUM BOWL, TOSS TOGETHER CUCUMBERS, CIDER VINEGAR, AND OIL. ADD HALVED CHERRIES, CILANTRO, AND SALT AND PEPPER TO TASTE. TOSS LIGHTLY AND SERVE. REFRIGERATE LEFTOVERS IN AN AIRTIGHT CONTAINER FOR UP TO 4 DAYS. SERVE SALAD WITH GRILLED OR BAKED CHICKEN, BBQ, OR AS A NUTRITIOUS ADDITION TO LUNCH!

LET COOL FOR 10 MINUTES. TRANSFER PLUM MIXTURE TO JARS OR OTHER AIRTIGHT CONTAINERS AND REFRIGERATE IMMEDIATELY. KEEP IN THE FRIDGE FOR UP TO 2 WEEKS.