



Produce of the
Month

Cherries

Welcome!

Cherries won the hearts of Americans many years ago. European settlers had barely set foot in the New World before they began planting cherry trees. Early French colonists from Normandy brought cherry pits that they planted along the St. Lawrence River and beside the Great Lakes.

However, it wasn't until the late 1800's that cherry growing and harvesting began in earnest, eventually becoming a commercial enterprise. Peter Dougherty, Presbyterian missionary is credited with getting the U.S. cherry industry started. In 1852, he planted a group of cherry trees on the Old Mission Peninsula, near Traverse City, Michigan. Dougherty's cherry trees flour-

ished, and soon other residents of the area planted cherry trees. The area all along Lake Michigan proved to be ideal for growing cherries. Lake Michigan tempers the arctic winds in winter and cooled the orchards in summer.

The Montmorency is the primary variety of tart cherry grown in the United States. It was planted in the early orchards and is still used today. The fruit is excellent for pies, preserves and juice. It's known for its ruby-red skin, but has light-colored flesh and juice. The Montmorency variety is seldom sold fresh. It's available year around in canned, frozen and dried forms.

The newest American variety of tart cherry

is a dark tart cherry similar to the dark-skinned European Morello. This U.S. grown variety is called Balaton® (named for a lake in its native Hungary). This variety was developed by horticulturists at Michigan State University and has been field tested by growers in Michigan, Utah and Wisconsin.

In the Northwestern part of the United States, cherry orchards also flourished. In 1847, Henderson Lewelling planted an orchard in western Oregon, using nursery stock that he had transported by ox cart from Iowa. Lewelling Farms became known for its sweet cherries with orchards coming into production during the 1870s and 1880s.

A Tasty Treat To Try At Home

Dried Cherry Muffins

Muffins complement any meal from breakfast to dinner.

Muffins:
 1 1/2 cups all-purpose flour
 1/2 cup granulated sugar
 1 1/2 teaspoons baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 2 eggs
 2/3 cup sour cream
 1/3 cup vegetable oil
 1/3 cup milk
 1 cup dried tart cherries
 1/2 cup coarsely chopped pecans

Topping:
 1/4 cup all-purpose flour
 2 tablespoons granulated sugar
 1/4 teaspoon ground cinnamon
 1 tablespoon butter or margarine

METHOD

For the topping, combine flour, sugar and cinnamon in a small bowl; mix well. Cut in butter until mixture resembles coarse crumbs; set aside. For the muffins, combine flour, sugar, baking powder, baking soda and salt in a large mixing bowl; set aside. In a large mixing bowl, combine eggs, sour cream, oil and milk. Beat with electric mixer at medium speed 2 minutes, or until combined. Add flour mixture; beat just until combined. Stir in cherries and pecans. Portion batter evenly into 12 paper-lined or lightly greased muffin cups (2-3/4 inches in diameter). Sprinkle reserved crumb topping evenly over batter. Bake in a preheated 375-degree oven 18 to 20 minutes, or until light brown.

MAKES
12 Muffins



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For Your Health!

Cherries have great taste and now science-based research shows that they pack a health-promoting punch. That's because ruby-red tart cherries are bursting with antioxidants that may relieve the pain of arthritis and gout and may help prevent cancer and heart disease.



- The latest research shows that Montmorency tart cherries have high ORAC (oxygen radical absorbance capacity) values. These high ORAC values reflect the many natural compounds in tart cherries that have antioxidant properties.
- Melatonin, a powerful antioxidant that attacks free radicals and may help prevent or reduce brain deterioration associated with aging, also is present in significant quantities in tart cherries.
- The researchers believe the combination of antioxidants in tart cherries may be the secret of the natural pain relief of tart cherries. Other fruits and vegetables do not have the pain relief of tart cherries.
- While research on tart cherries is ongoing, there is overwhelming anecdotal information on how tart cherries relieve the pain of arthritis and gout.

Notable Quotable
"Life is like a bowl of cherries."
 Anonymous



Nutrition Facts By Serving Size

PRODUCT	IQF	CANNED	PIE FILLING	DRIED	5+1	100% READY-TO-DRINK TART CHERRY JUICE
Serving Size	1/2 cup (67 grams)	1/2 cup (121 grams)	1/3 cup (85 grams)	2 tbps. (15 grams)	1/2 cup (120 grams)	1 cup (240 grams)
Calories	40	50	90	53	127	140
Calories from Fat	0	0	0	2	1	0
Total Fat (g)	0	0	0	0.5	0	0
Saturated Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	0	0	0
Sodium (mg)	0	10	25	8	18	25
Total Carbohydrates (g)	10	11	23	12	31	34
Dietary Fiber (g)	1	1	1	1	1	0
Sugar (g)	8	9	19	8	29	27
Protein (g)	1	1	0	1	1	1

Nutrition analysis is for representative generic samples; nutrition of branded products may vary.

Fast Facts About Cherries

The United States produces about 650 million pounds of sweet and tart cherries each year.

The major variety of tart cherries grown in the United States is the Montmorency. It has been cultivated in the United States for more than a century because the fruit is excellent for pies, preserves, jellies, juice and other products.

The United States leads the world in sweet cherry production, producing about 370 million pounds every year.

The most famous sweet cherry variety is the Bing cherry. However, there are more than 1,000 varieties of sweet cherries, including some light sweet varieties such as Rainier and Queen Anne.

Cherry trees bear fruit for about 25 years, but some trees are more than 50 years old.

Cherry trees begin to produce fruit about five years after being planted in the orchards. Full fruit bearing capacity is reached in 10 to 15 years. A fully mature cherry tree is capable of producing more than 100 pounds of fruit each season.

February is National Cherry Month. Consumers are eager to buy cherry products in February to help celebrate a variety of special days during the month, including Presidents' Day, Valentine's Day and Paczki Day, (Fat Tuesday).

For More Information We are The Cherry People

The Cherry Marketing Institute (CMI) was formed in 1988 and is funded by U. S. tart cherry growers. Our goal is to increase the use of cherries through promotion, market expansion, product development and research.

CONTACT INFORMATION
 Cherry Marketing Institute
 P.O. Box 30285
 Lansing, MI 48909-7785



www.usacherries.com