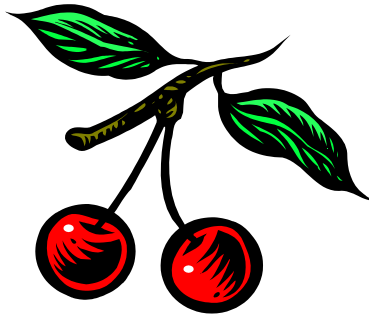




Zion Farmers Market Veg-u-cation



Hi-ho, Cherry-o!

You know it's summertime when you can buy big bags of fresh, ripe summer cherries!

The **cherry** is the fruit of many plants of the genus *Prunus*, and is a fleshy drupe (stone fruit). The cherry fruits of commerce are usually obtained from a limited number of species such as cultivars of the sweet cherry, *Prunus avium*. The name 'cherry' also refers to the cherry tree, and is sometimes applied to almonds and visually similar flowering trees in the genus *Prunus*, as in "ornamental cherry", "cherry blossom", etc. **Wild Cherry** may refer to any of the cherry species growing outside of cultivation, although *Prunus avium* is often referred to specifically by the name "wild cherry" in the British Isles.

The native range of the sweet cherry extends through most of Europe, western Asia and parts of northern Africa, and the fruit has been consumed throughout its range since prehistoric times. A cultivated cherry, as well as the apricot, is recorded as having been brought to Rome by Lucius Licinius Lucullus from northeastern Anatolia, also known as the Pontus region, historic Armenia, in 72 BC.

A form of cherry was introduced into England at Teynham, near Sittingbourne in Kent by order of Henry VIII, who had tasted them in Flanders.

The English word cherry, French *cerise* and Spanish *cereza* all come from the classical Greek (κέρσος) through the Latin *cerasum*, thus the ancient Greek place name *Cerasus*, today a city in northern Turkey *Giresun* from which the cherry was first exported to Europe.

The cultivated forms are of the species sweet cherry (*P. avium*) to which most cherry cultivars belong, and the sour cherry (*P. cerasus*), which is used mainly for cooking. Both species originate in Europe and western Asia; they do not cross-pollinate. Some other species, although having edible fruit, are not grown extensively for consumption, except in northern regions where the two main species will not grow. Irrigation, spraying, labor, and their propensity to damage from rain and hail make cherries relatively expensive. Nonetheless, demand is high for the fruit. In commercial production, cherries are harvested by using a mechanized 'shaker'. Hand picking is also widely used to harvest the fruit to avoid damage to both fruit and trees.

Cherries have many health benefits including:

Cherries help ease arthritis pain - For those who suffer from arthritis and gout, you will be relieved to find out that adding cherries to your diet can greatly decrease the intense pain associated with those ailments. Excess uric acid in the blood is the culprit behind the excruciating pain that causes swelling, tenderness and inflammation. A study done by the USDA found that uric acid can be reduced by as much as 15 percent by eating 2 cups of Bing cherries. Cherries can also help reduce painful inflammation by decreasing the amount of C-reactive protein produced. So add a little zing to your diet by choosing Bing (cherries).

Cherries help fight cancer - The distinctive deep red pigment cherries are known for comes from flavonoids; powerful antioxidants that help fight free radicals in the body. Cyanidin is a flavonoid from the anthocyanin group found in cherries that helps keep cancerous cells from growing out of control. And, for cherries with the most anthocyanins go for sweet cherries with the deepest pigment; crimson-purple rather than bright red.

Cherries help you sleep - If sipping a cup of chamomile isn't enough to induce restful sleep try having tart cherry juice before bed. Tart cherries contain melatonin, a hormone that helps make you feel sleepy. Two tablespoons of tart cherry juice has been shown in studies to be just as effective as a melatonin supplement. So, pour yourself a little cherry juice nightcap for a tasty bedtime sleep aid.

Cherries and blood pressure - Cherries are an excellent source of potassium, which helps to lower blood pressure by getting rid of the excess sodium in our body. Eating cherries helps keep potassium and sodium in balance, and can prevent hypertension from occurring. One cup of cherries has the same amount of potassium as a banana making it a great substitute when you are not in the mood for another ho-hum banana.

Cherries help keep you trim - Eating cherries can help you lose weight and stay trim. A cup of cherries is less than 100 calories and packs in 3 grams of fiber, which will keep you feeling full longer. Also, these little beauties contain many B-vitamins such as thiamin, riboflavin and vitamin B6; these vitamins are crucial for metabolism and convert nutrients into energy. What could be better than eating cherries to help you stay lean and skinny?

Tip: Cherries are not only healthy, but they are delicious and versatile. They can be added to everything from dairy, to pork; eaten raw or cooked down to make a sauce or strained for juice. Serve them by the bowlful for dessert at your next summer barbecue; just be sure to have plenty of napkins and bowls for the pits!



Cherries have a very short growing season and can grow in most temperate latitudes. The peak season for cherries is in the summer. In Australia and New Zealand they are usually at their peak in late December, in southern Europe in June, in North America in June, in south British Columbia (Canada) in

July to mid-August and in the UK in mid-July. In many parts of North America, they are among the first tree fruits to ripen, while in Australia and New Zealand cherries are widely associated with Christmas.^[8]

'Kordia' is an early variety which ripens during the beginning of December, 'Lapins peak' ripens near the end of December, and 'Sweethearts' finish slightly later in the Southern Hemisphere.

Like most temperate-latitude trees, cherry seeds require exposure to cold to germinate (a mechanism the tree evolved to prevent germination during the autumn, which would then result in the seedling being killed by winter temperatures). The pits are planted in the autumn (after first being chilled) and seedlings emerge in the spring. A cherry tree will take three to four years to produce its first crop of fruit, and seven years to attain full maturity. Because of the cold-weather requirement, none of the *Prunus* family can grow in tropical climates.

Sweet cherries are the ones most often found in markets. They have a thick, rich, and almost plumb-like texture. Traditionally, sweet cherry trees are self-sterile and best for an orchard or a large garden. You'll need at least two or three trees so that they can pollinate each other. However, a recent and exciting development in sweet cherries is the dwarf self-pollinating "Stella." (See image below.)

Sour cherries are not usually eaten raw, but are widely used for preserves and other cooking uses. Sour cherries are much smaller than sweet cherries and all varieties are self-fertile.

Standard-size trees start bearing fruit in their fourth year and can produce 30 to 50 quarts of cherries each year.

Planting

- For sweet cherries, make sure the different varieties will pollinate each other.
- Plant sweet cherries in late fall or early winter if grown outside, or at any time if container grown.
- When planting fan-trained trees, construct the necessary supports before planting.
- Space fanned trees 15 to 18 feet apart.
- Planting for sour cherries is the same as for sweet cherries, however, space bushes and fans only 12 to 15 feet apart.

Care

- Thinning is not necessary.
- Apply mulch to retain moisture.
- Drape netting over trees to protect the fruit from birds.
- Water routinely in dry areas.
- There is no difference in care between sour and sweet cherries.

Pests

- Aphids
- Caterpillars
- Brown Rot
- Black Knot
- Bacterial Canker (cut out any branches with signs of black knot or bacterial canker as soon as possible)
- Birds

Harvest/Storage

- Pick fruits with stalks when fully ripe.
- Eat or cook immediately.
- Pick fruits when firm if they are to be frozen.
- Hand-picking may injure the shoots and cause infection; Cut the stalks with scissors.

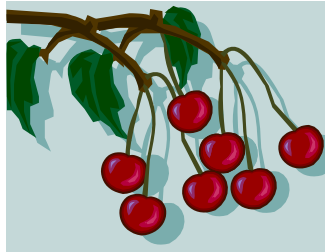
Recommended Varieties

Sweet Cherries

- Early - 'Black Tartarian'
- Midseason - 'Bing'
- Late - 'Stella'

Sour Cherries

- Early - 'Early Richmond'
- Midseason - 'Montmorency'
- Late - 'Meteor'



Cherry Vanilla Tea Cake

Ingredients

1½ c all-purpose flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
⅛ tsp nutmeg
½ c (1 stick) unsalted butter, at room temperature
1 c sugar
2 large eggs, at room temperature
2 tsp vanilla extract
⅔ c sour cream
½ tsp grated lemon zest
1 c fresh cherries, pitted and halved
confectioners' sugar

Directions

Lightly butter a 9-inch springform pan and dust it with flour, knocking out the excess. Set aside. Preheat the oven to 350°F. Sift the flour, baking powder, baking soda, salt, and nutmeg into a medium bowl. Using an electric mixer on medium-high, cream the butter in a large bowl and gradually add the sugar, beating to blend. Add the eggs, one at a time, beating well after each addition. Add the vanilla and beat to blend. Add half of the dry ingredients, then stir, or beat on low, to combine. Add the sour cream and lemon zest and stir or beat to blend, followed by the rest of the dry ingredients. When the batter is evenly mixed, fold in the cherries. Scrape the batter into the prepared pan and smooth the top with a spoon. Bake on the center oven rack for 35 to 40 minutes, until a tester inserted into the center comes out clean. Cool for 20 minutes. Remove the sides of the pan and sift the top of the cake liberally with confectioners' sugar. Serve slightly warm or at room temperature.

Cherry Mocha Mousse Pie

Ingredients

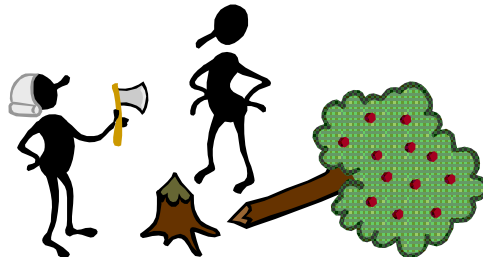
3 c chocolate wafer crumbs
1/3 c margarine, melted
1 can (21 ounces) cherry pie filling, divided
1/4 c sugar
1 envelope unflavored gelatin
1 c cold water
3 squares (3 ounces) white baking bar with cocoa butter, chopped
3 egg yolks
1-1/2 c heavy cream
2 tbs coffee liqueur
whipped cream and chocolate shavings for garnish (optional)

Directions

Preheat the oven to 350 degrees F. Lightly butter the bottom and sides of a 10-inch pie plate. In a large bowl, combine the wafer crumbs and margarine. Press the mixture firmly against the bottom and sides of the pie plate. Bake for 8 minutes. When the crust is cool, spread 1/2 cup of the cherry pie filling evenly over the bottom and chill. Refrigerate the remaining filling until serving time.

In a medium-size saucepan, combine the sugar and gelatin; mix well. Add the water and white baking bar. Bring to a boil over medium heat, stirring constantly, and cook until the gelatin is completely dissolved. In a small bowl, beat the egg yolks. Add 1 cup of the hot gelatin mixture to the yolks and quickly stir until combined. Return to the saucepan and cook over medium heat, stirring constantly, until the mixture bubbles. Transfer the gelatin mixture to a large bowl. Chill in the refrigerator, stirring occasionally, for 45 minutes, or until it is the consistency of unbeaten egg whites. Do not let it get too firm.

Meanwhile, in the chilled bowl of an electric mixer, beat the cream until stiff peaks form. Add the liqueur. Gently fold into the chilled gelatin mixture. Pour into the crust. Cover and refrigerate overnight. Just before serving, spoon the remaining cherry filling evenly over the pie and garnish with whipped cream and chocolate shavings if desired.



No Lie Cherry Pie

Ingredients

Pastry for 2 crusts
1/2 to 3/4 c sugar
2-1/2 tbl tapioca
1/8 tsp salt
1/2 c cherry juice (from can)
2 c canned sour red cherries (drained)
1/8 tsp cinnamon
1 tsp butter

Directions

Prepare pastry. Preheat oven to 475 degrees F. Blend sugar, tapioca, and salt, then add cherries and let stand while you roll out the dough. Line bottom of 9" pie pan with one crust, fill with cherry mixture, sprinkle with cinnamon, then dot with butter. Cover with top crust and seal edges, cutting vents. Bake for 10 minutes, then reduce heat to 400 degrees F and bake a half hour, until crust is crisp and filling is bubbling. Cool and serve.

Cranberry & Cherry Granola

Ingredients

1/4 c honey
1/4 c pure, local maple syrup
2 tbs light-brown sugar
2 tbs unsalted butter
1/2 tsp pure vanilla extract
2 c whole rolled oats (not instant)
1/3 c unsweetened shredded coconut
1/2 c slivered almonds
1/2 tsp fine sea salt
1/2 c dried cranberries
1/2 c dried cherries

Directions

Heat oven to 325°. Line a rimmed baking sheet with parchment paper. In a small saucepan over medium heat, combine honey, maple syrup, brown sugar, butter, and vanilla. Bring to a boil (but don't let it boil over). Then reduce heat and simmer about 5 minutes, stirring often.

In a medium-size bowl, combine oats, coconut, almonds, and salt. Pour hot honey mixture over oat mixture, and stir to coat thoroughly. Spread mixture evenly on the baking sheet.

Bake 15 minutes, stirring occasionally. Then add cranberries and cherries, and stir to distribute.

Bake 15-17 minutes longer, stirring occasionally, until golden brown (don't let it burn).

Remove from the oven and cool completely. Granola will keep in an airtight container at room temperature for up to 2 weeks.

Michigan Cherry Muffins

Ingredients

Vegetable cooking spray
1 c flour
3/4 c oat bran
2/3 c sugar
1 tbs baking powder
1/2 tsp salt
3/4 c skim milk
1/2 c nonfat plain yogurt
1/3 c margarine, melted and cooled
2 egg whites, slightly beaten
1 tsp almond extract
3/4 c dried cherries, chopped
1/3 c pecans, chopped
2 tsp grated lemon rind

Directions

Preheat the oven to 400°F. Spray 12 muffin cups with vegetable cooking spray. In a medium bowl, combine the flour, oat bran, sugar, baking powder, and salt; mix well. In another bowl, combine the milk, yogurt, margarine, egg whites, and almond extract. Add to the flour mixture, stirring just until moistened. Fold in the cherries, pecans, and lemon rind. Fill the muffin cups two-thirds full. Bake for 20 to 25 minutes, or until golden brown. Remove immediately from the pan. Serve warm or at room temperature.

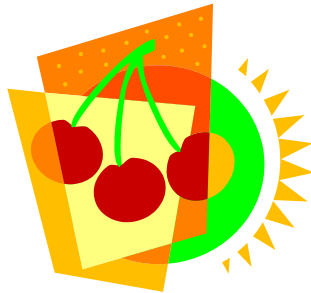


Cherry-Ginger Icebox Cookies

Ingredients

1 c butter (2 sticks), softened
1 c granulated sugar
1 large egg
1 tsp vanilla extract
2-3/4 c all-purpose flour
1 tsp baking powder
1/2 tsp salt
1 16-oz jar maraschino cherries, drained and finely chopped
1/2 c crystallized ginger, finely chopped
1 c finely chopped pecans
1/4 c red decorator sugar crystals

Beat butter at medium speed with an electric mixer until creamy. Gradually add 1 cup sugar, beating well. Add egg and vanilla, beating well. Combine flour, baking powder and salt; add to butter mixture, beating well. Pat cherries between paper towels to remove excess moisture. Stir cherries, ginger and pecans into dough. Cover and chill at least two hours. Shape dough into two 8-inch rolls, Roll in red sugar crystals. Wrap rolls in plastic or wax paper and chill or freeze until firm. Preheat oven to 400 degrees. Slice chilled (or frozen) dough into 1/4-inch slices, using a sharp knife. Place on lightly greased or Silpat-lined baking sheets. Bake for 8 to 10 minutes or until golden. Cool one minutes on baking sheets; remove to wire racks to cool completely.



Cherry Slump

Ingredients

2 cups cherries
2/3 cup sugar
1/2 cup water
1 teaspoon cinnamon
1 cup flour, sifted
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk

Directions

Remove stems and pits from cherries and combine them with the sugar, water and cinnamon. Bring to a boil. Mix and sift the flour, baking powder, and salt and add the milk gradually. Drop this dough by spoonfuls into the boiling fruit mixture. Cover and cook for 25 minutes. Remove the cover and cook 10 minutes longer. Serve with cream.

Cherry Soup

Ingredients

1 lb red cherries, pitted
1/2 c sugar
2 tsp cornstarch
1/4 tsp cinnamon
1/4 tsp salt
1/2 c orange juice
1 c red wine

Directions

Chop the cherries very fine, and mix with the sugar, cornstarch, cinnamon, and salt. Stir in the orange juice, and bring the mixture to a boil, stirring constantly. Remove from the heat, and stir in the wine. This soup may be served hot or cold.

