



# April is Cherries

## Nutrition & Health Benefits

- **Vitamin A** - Keeps skin and bones healthy, resists and fights infection, and maintains good eyesight.
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.
- **Vitamin K** - Needed for blood clotting and preventing excessive bleeding.

## Preparation & Cooking Tips

**Select** - Choose plump, firm, and brightly colored cherries.

**Store** - Refrigerate cherries for up to 3 days. Be sure to remove any excess moisture.

**Prepare** - Remove stems. Rinse under cool, running water. Be careful of the pit in the cherries.

## Did you know?

- Fresh cherries grown in Wisconsin are available from late June through early August.
- Cherry trees produce their first fruit 3-4 years after being planted.
- Cherry trees need many cold hours below 45F before they will bloom and produce fruit. They do not grow well in tropical climates.

## Fun Facts

- Some cherries are harvested by shaking the fruit off the tree; others are picked by hand.
- Cherries are small stone fruit produced by cherry trees.
- The wood of cherry trees is often used in the manufacturing of high-quality furniture.

## Cherry Tree Myth

The myth of George Washington cutting down his father's cherry tree is one of the oldest and best-known legends about George Washington. In the original story, when Washington was 6 years old, he received a hatchet as a gift and damaged his father's cherry tree with it. When his father discovered what George had done, he became angry. Young George bravely said, "I cannot tell a lie... I did cut it with my hatchet." Washington's father embraced him and declared that his son's honesty was worth more than a thousand trees.



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# Cherry-Berry Smoothie Bowl

## Ingredients:

- 1 cup unsweetened tart cherry juice, chilled
- 1 cup packed baby spinach
- 3/4 cup plain 2% reduced-fat strained yogurt
- 1 ripe avocado, peeled and pitted
- 3/4 cup unsweetened frozen mixed berries
- 2 tablespoons chia seeds (topping)
- 1 1/4 cups fresh mixed berries (topping)

## Directions:

1. Place juice, spinach, yogurt, avocado, and frozen berries in a blender. Process until smooth.
2. Divide between 2 bowls and top with chia seeds and fresh berries.
3. Serve immediately.
4. Enjoy!



# Cherry “Sherbet”

## Ingredients:

- 1 (12-ounce) bag frozen pitted cherries, about 2 cups
- 1/2 cup plain yogurt
- 1/4 cup almond butter

## Directions:

1. Put the frozen cherries in the bowl of the food processor fitted with a steel blade and pulse until the cherries are well chopped.
2. Add yogurt and almond butter and process until smooth.
3. Serve immediately.
4. Enjoy!



# 5 Easy Ways to Eat Cherries

1. Top a rice cake with cottage cheese and sliced cherries.
2. Snack on frozen cherries.
3. Add fresh or frozen cherries to your next smoothie.
4. Stir chopped cherries into a bowl of plain yogurt.
5. Stuff pitted cherries with feta cheese.

