



Cherry

Lakota: čhanphá

Pick it!

Choose firm, shiny, and plump cherries without bruises or blemishes.

Buy cherries that have been kept cool and moist but don't show signs of mold or decay.

Cherries with stems still attached are less likely to mold quickly.

Cherries can be stored unwashed in a plastic bag in the refrigerator for up to 10 days. Wash just before use.

Try it!

To try raw cherries, simply remove stone and enjoy.

A simple way to remove the stone is to remove stem and insert a clean pen into cherry and push the stone out through bottom of cherry.

Cherries can then be eaten, mixed into fruit salad, baked into pie, or fruit crisps.

Cherries make great jam and a sweet addition to salsas.



Types of Cherry

Sweet: most grown for eating are Bing, Rainier, Lambert, if processed with sugar, maraschino cherries result

Sour: known as tart/pie cherries, Montmorency, Haskap, grown mainly for canning or making pies



Did you know...

Anthocyanin in the bright red or purple coloring are 1 type of antioxidant. The anthocyanin in tart cherries are as powerful as those in blueberries.

Like it!

Cherry Crisp

Ingredients

Topping

- 1 c whole wheat flour
- 1 c rolled oats
- $\frac{2}{3}$ c packed brown sugar
- $\frac{1}{4}$ t cinnamon
- Pinch salt
- $\frac{1}{2}$ c melted butter

Cherry filling

- 2-cans cherries in water
- $\frac{1}{3}$ c sugar
- 2 T orange juice concentrate
- 2 T cornstarch
- 1 T + 1 t water
- $\frac{1}{4}$ c + 2 T cherry juice

Directions

Grease a 9x9 pan. Mix topping, set aside. Drain cherries save $\frac{1}{2}$ -cup juice. Place cherries in baking pan. Mix cherry juice with sugar and orange juice in a saucepan. Heat on medium for 2 minutes. Mix cornstarch and water, add to juice mixture. Heat on medium until thick. Remove from heat. Stir well. Pour $\frac{2}{3}$ -cup of juice mixture over cherries in the pan. Discard remainder. Sprinkle topping over cherries. Bake 425 degrees F for 40 minutes.

Yields 16 servings

Nutrition Facts per Serving:
Calories 180; Fat 6g; Cholesterol 15mg; Sodium 70mg;
Carbs 30g; Fiber 2g; Sugars 20g; Protein 2g

Sources: <http://healthymeals.nal.usda.gov>

Green Beans with Dried Cherries

Ingredients

- $\frac{1}{2}$ c dried sweetened cherries
- $\frac{1}{2}$ T canola oil
- $\frac{1}{2}$ sm red onion, diced
- 2 T firmly packed brown sugar
- 2 T cider vinegar
- $\frac{1}{4}$ c water
- 1 lb green beans, trimmed
- Salt to taste (optional)

Directions

Heat oil in a saucepan over medium heat. Add red onion, cook for 3-mins. Add brown sugar. Stir to dissolve. Add cherries, vinegar, and water. Simmer for 5-mins. Do not cook until dry; If needed add water to keep moist. Set aside. Place beans in a small steamer basket, and place in a pot with a tightly fitting lid, above an inch of boiling water. Cover and cook over medium heat for about 3-mins. Toss steamed beans with cherry glaze, season with salt (if desired), and serve.

Yields 4 servings

Nutrition Facts per Serving:
Calories 140; Fat 1g; Cholesterol 0mg; Sodium 10mg;
Carbs 28g; Fiber 0g; Sugars 0g; Protein 3g

Sources: <https://www.hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/>

Lakota word translated by Jeshua Estes

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