



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Cherry

**Lakota: čhanphá**

## Preschool Lesson Plan

### Objectives

Participants will:

- identify cherries as a fruit and what part of the plant they come from.
- increase knowledge in the selection, cleaning, storage, nutrition and use of cherries.
- demonstrate the use of cherries in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Cherries visuals
- Actual cherries if possible

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe Choices

- Cherry Crisp

### Cooking and Food Safety Skill Sheets

- Handwashing
- Stove Top Safety
- Oven Use and Safety
- Measuring Liquid and Dry Ingredients
- Knife Safety and Cutting Boards

### Other Cooking and Food Safety Skills

- Cleaning tops of cans
- Kitchen terms - dice, dissolve, simmer, reduce and toss

### Supplies for Cherry Lesson

- Cherry Crisp
  - » Baking pan
  - » Measuring cups
  - » Measuring spoons
  - » Bowl
  - » Can opener
  - » Liquid measuring cup
  - » Colander
  - » Saucepan
  - » Fork
  - » Rubber scraper
  - » Oven

What You Say:	What you do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>This fruit belongs to the rose family and was brought to the United States by ship in the 1600s.</li> <li>This fruit tree was grown in Northern Michigan where cool breezes off the lake provided them with cool temperatures.</li> <li>In Japan, the blossoms of this fruit tree are the unofficial national flower. (Answer: Cherry.)</li> </ul>	<ul style="list-style-type: none"> <li>Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>After someone guesses the answer, or you tell them, show them visuals of cherries.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> <li>Point to the My Plate poster.</li> </ul>
<p>There are 2 different types of cherries that are grown mainly in California, Michigan, Washington and Oregon.</p> <p>The first type is the sweet cherry. These are grown mostly for eating fresh. Some of the varieties of sweet cherries are Bing, rainier and lambert.</p> <p>The other type is the tart or sour cherry. These cherries are used for making jams and pie fillings. Some of the varieties of tart cherries are Montmorency and haskap.</p>	<ul style="list-style-type: none"> <li>Show visuals of sweet and tart cherries or if possible, have some real cherry varieties.</li> </ul>
<p>What are some ways we can eat cherries? (Possible answers: Fresh, frozen, dried, mixed in a fruit salad, stirred into yogurt, blended in fruit smoothies, in pies or crisps, as jam, in salsas.)</p> <p>Cherries are commonly eaten fresh, especially in the summer. They are an easy fruit to pack in lunches or make a tasty snack.</p>	
<p>When choosing fresh cherries, look for those that are large, plump, firm and shiny, and that have fresh, green stems. Do not choose cherries that are soft and sticky or whose stems are a dark color or that do not have stems. Cherries with stems attached are less likely to mold.</p>	<ul style="list-style-type: none"> <li>Show a visual or real cherry with a fresh, green stem.</li> </ul>
<p>In South Dakota, cherries are in season in June and July. This means that you will usually get the best cherries during these months at the grocery store.</p>	

<b>What You Say:</b>	<b>What you do:</b>
To keep fresh cherries longer, do not wash them until right before they are going to be eaten. They can be stored in the refrigerator in a plastic bag for up to 10 days. Check them often and remove any cherries that may have gone bad.	<ul style="list-style-type: none"> <li>• Discuss the proper storage of cherries.</li> </ul>
Rinse the cherries under cold water before serving them fresh. They can be served with the stems attached. They can also be served at either room temperature or cold.	<ul style="list-style-type: none"> <li>• Demonstrate rinsing cherries.</li> </ul>
To remove the pit from a cherry, first take the stem off, then have an adult cut the cherry in half with a paring knife and remove the pit with the paring knife or with a spoon. Cherries can be pitted without cutting them by removing the stem and inserting a clean pen into the cherry and pushing the pit out through the bottom of the fruit.	<ul style="list-style-type: none"> <li>• Show an example of a paring knife.</li> <li>• Demonstrate removing the pit from cherry.</li> </ul>
Cherries can also be purchased in season and frozen for future use. To freeze cherries, rinse, drain and pat dry with a paper towel. Remove the stems and pits. Spread them out in a single layer on a baking sheet and place the baking sheet in the freezer. Once they are frozen, remove the cherries from the baking sheet and place them in a freezer bag. Label and date the bag. They will stay good in the freezer for up to one year.	<ul style="list-style-type: none"> <li>• Demonstrate the steps to freezing cherries, showing the equipment needed.</li> </ul>
<p>Why would we want to eat cherries?</p> <p>Cherries are high in vitamin C and a good source of fiber. Vitamin C helps keep our bodies healthy and fiber keeps our tummies healthy.</p>	<ul style="list-style-type: none"> <li>• Discuss benefits of eating cherries.</li> </ul>
<p>Are you ready to try out a cherry recipe?</p> <p>What is the first thing that we always do before preparing food?</p> <p>(Answer: Wash hands.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Review the Handwashing skill sheet.</li> </ul>

## Use this page if you are going to prepare Cherry Crisp

### Equipment List

- Baking pan
- Measuring cups
- Measuring spoons
- Bowl
- Can opener
- Liquid measuring cup
- Colander
- Saucepan
- Fork
- Rubber scraper
- Oven

What You Say:	What You Do:
<p>Today we are going to be making cherry crisp.</p> <p>Let's read through the recipe together before we begin.</p> <p>We will be using canned cherries that were packed in water.</p>	<ul style="list-style-type: none"> <li>Read through the recipe with the participants.</li> </ul>
<p>The topping ingredients will be combined and set aside.</p> <p>MyPlate tells us to make <math>\frac{1}{2}</math> of our grains servings whole grains. To eat more whole grains, we can substitute a whole grain product for our other products.</p>	<ul style="list-style-type: none"> <li>Show ingredients used for the topping.</li> <li>Look at the whole wheat flour label.</li> </ul>
<p>The cherries will be drained and the juice will be kept.</p> <p>Before opening the cans of cherries, what should we do?</p> <p>(Answer: Wash the tops of the cans.)</p> <p>Why is it important to do this?</p> <p>(Possible answers: There may be dirt on the lid, we don't know where the cans have been or what may have crawled across the top of them.)</p>	<ul style="list-style-type: none"> <li>Demonstrate how to drain the cherries.</li> <li>Call on someone who would like to answer.</li> </ul>
<p>We are going to be using liquid and dry measuring cups for this recipe.</p>	<ul style="list-style-type: none"> <li>Review Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
<p>We are going to be using the stove top and the oven for this recipe as well.</p>	<ul style="list-style-type: none"> <li>Go over Stove Top Safety and Oven Use and Safety.</li> </ul>



## Visuals



**Cherry blossoms in an orchard**



**Cherries ripening on the tree**



**Dried cherries**



**Cherries have a small pit (seed) inside of them. The pit needs to be removed before cooking.**

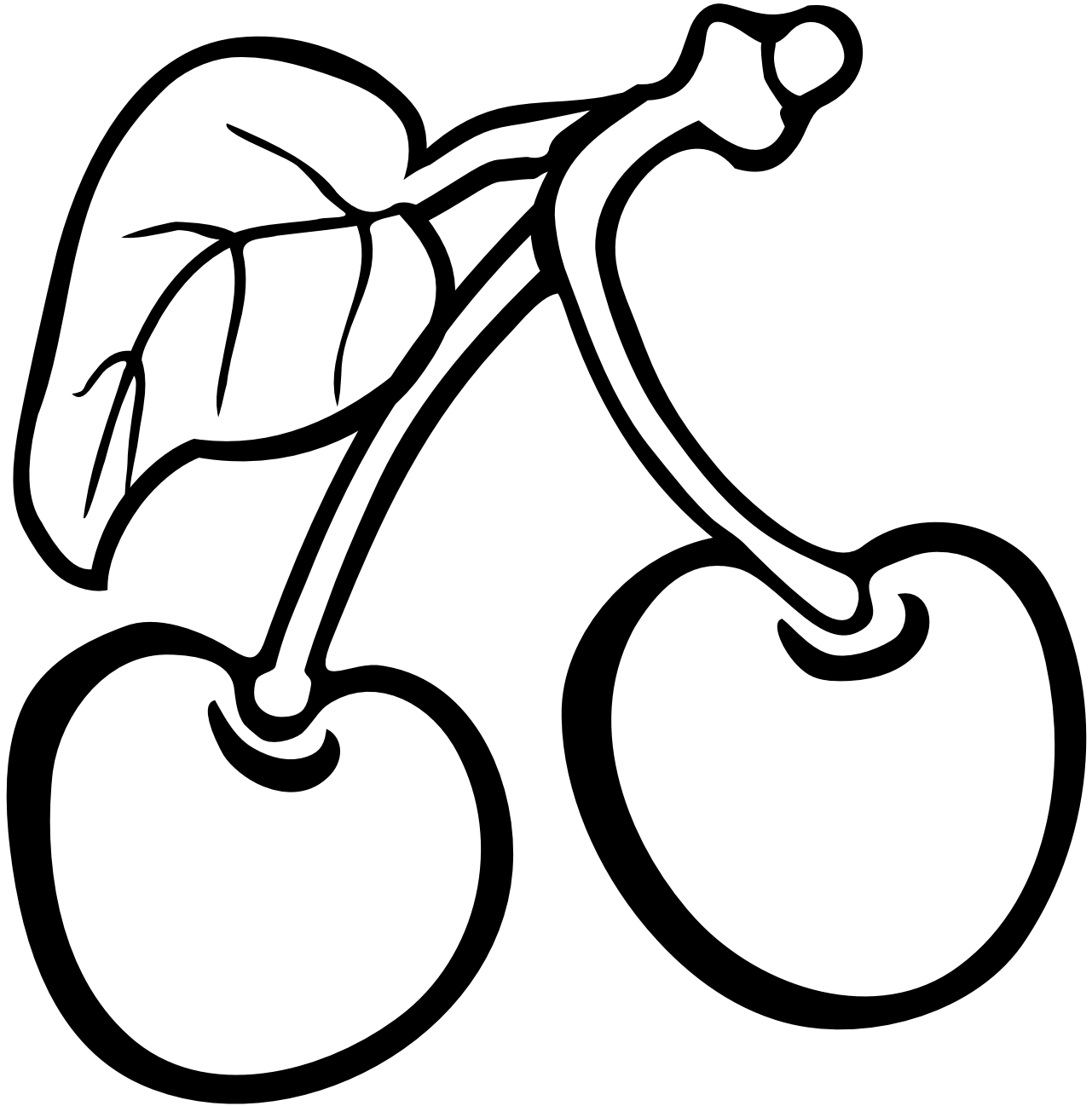
## Cherry Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Cherries, about 10 cherries</b>	½ cup 73 g	46	1.5	1%	5	161	3
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-3 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# CHEERRY



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

# Cherry Sources

## Recipe

- [hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/](https://hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/)

## Information

- [ext.vt.edu](https://ext.vt.edu)

## Clues

- [justfunfacts.com/interesting-facts-about-cherry/](https://justfunfacts.com/interesting-facts-about-cherry/)

## Lakota translation

- Translated by Jeshua Estes

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

S-0001-15





SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Cherry

**Lakota: čhanpǎ**

## 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 enjoy cherries raw, first wash under cold running water and remove the pit.

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

Cherries can be eaten raw, mixed into fruit salads, or baked into pies or fruit crisps.

Cherries make great jam and are a sweet addition to salsas.



## Types of Cherry

**Sweet:** Most are grown for eating raw. Common varieties are Bing, Rainier and Lambert. If processed with sugar, maraschino cherries result.

**Sour:** Also known as tart or pie cherries. Commonly grown varieties include Montmorency, Haskap and used for canning or making pies.



## Did you know...

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



**Like it!**

## Cherry Crisp

### Ingredients

#### Topping

- 1 cup whole wheat flour
- 1 cup rolled oats
- 2/3 cup brown sugar; packed
- 1/4 teaspoon cinnamon
- A pinch of salt
- 1/2 cup melted butter

#### Cherry filling

- 2 cans of cherries in water; juice reserved
- 1/3 cup sugar
- 2 Tablespoons orange juice concentrate
- 2 Tablespoons cornstarch
- 1 Tablespoon + 1 teaspoon water
- 1/4 cup + 2 Tablespoons reserved cherry juice

### Directions

1. Lightly grease a 9x9" baking pan. Preheat oven to 425°.
2. Combine dry topping ingredients (flour, oatmeal, cinnamon and brown sugar).
3. Add melted butter to dry ingredients and stir to combine.
4. Drain cherries, reserve 1/2 cup of juice and place cherries in the baking dish.
5. Combine reserved cherry juice with sugar and orange juice. Heat juice mixture in a sauce pan over medium heat for 2 minutes.
6. Combine cornstarch and water, and add to juice mixture. Continue to cook over medium heat until thickened, about 3-4 minutes.
7. Remove from heat and stir well.
8. Pour 2/3 cup of juice mixture over cherries. Discarding remainder.
9. Sprinkle topping evenly over cherries. Bake at 425° for 40 minutes or until topping is browned.
10. Let cool and cut into 16 servings.

Yields 16 servings

#### Nutrition Facts per Serving:

Calories 180; Fat 6g; Cholesterol 15mg; Sodium 70mg;  
Carbs 30g; Fiber 2g; Sugars 20g; Protein 2g

Sources: [healthymeals.nal.usda.gov](https://healthymeals.nal.usda.gov)

## Green Beans with Dried Cherries

### Ingredients

- 1/2 cup dried sweetened cherries
- 1/2 Tablespoon canola oil
- 1/2 small red onion; diced (scant 1/4 cup)
- 2 Tablespoons brown sugar; firmly packed
- 2 Tablespoons cider vinegar
- 1/4 cup water
- 1 pound green beans; trimmed
- Salt to taste (optional)

### Directions

1. Begin by making the cherry glaze: Heat the oil in a small saucepan over medium heat. Add the red onion and cook for 3-4 minutes, or until tender.
2. Add the brown sugar to the onions. Stir to dissolve.
3. Add the dry cherries, vinegar and water. Simmer mixture for 4-5 minutes, or until the cherries are soft and the liquid has reduced. Do not let the mixture cook until dry; if it begins to dry out, add more water in small amounts to keep it moist. Set the sauce aside.
4. Place the beans in a small steamer basket, and place the basket in a pot with a tightly fitting lid, above an inch of boiling water. Cover and cook over medium-high heat for about 3 minutes, keeping the beans slightly crisp.
5. Toss the steamed green beans with the cherry glaze, season with salt to taste (if desired), and serve.

Yields 4 servings

#### Nutrition Facts per Serving:

Calories 140; Fat 1g; Cholesterol 0mg; Sodium 10mg;  
Carbs 28g; Fiber 5g; Sugars 0g; Protein 3g

Sources: [hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/](https://hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/)

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

*Lakota word translated by Jeshua Estes*

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

S-0001-15

© 2024, South Dakota Board of Regents