



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Cherry

## *Lakota: čhaŋpħa*



### **Pick it!**

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

### **Try it!**

Unwashed  
cherries will  
keep up to  
10 days when  
refrigerated in a  
plastic bag.

### **Like it!**



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

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Lakota word translated by Jeshua Estes.



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)**

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- Choose firm, shiny, plump cherries without bruises or blemishes.
- Buy cherries that have been kept cool and moist with no signs of mold or decay.
- Cherries with stems are less likely to mold quickly.
- Cherries are great raw. Wash under cold running water, remove the pit and enjoy.
- Cherries are tasty mixed into fruit salad or salsa, baked into pie or fruit crisp.
- Refrigerate unwashed cherries in a plastic bag for up to 10 days. Wash before use.

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and videos at  
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## Cherry Crisp

### Ingredients

#### Topping

- 1 cup whole wheat flour
- 1 cup rolled oats
- $\frac{2}{3}$  cup brown sugar; packed
- $\frac{1}{4}$  teaspoon cinnamon
- A pinch of salt
- $\frac{1}{2}$  cup melted butter

#### Cherry filling

- 2 cans of cherries in water; juice reserved
- $\frac{1}{3}$  cup sugar
- 2 Tablespoons orange juice concentrate
- 2 Tablespoons cornstarch
- 1 Tablespoon + 1 teaspoon water
- $\frac{1}{4}$  cup + 2 Tablespoons reserved cherry juice

### Directions

1. Lightly grease a 9"x9" 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  $\frac{1}{2}$  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  $\frac{2}{3}$  cup of juice mixture over cherries. Discard 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](http://healthymeals.nal.usda.gov)

## Green Beans with Dried Cherries

### Ingredients

- $\frac{1}{2}$  cup dried sweetened cherries
- $\frac{1}{2}$  Tablespoon canola oil
- $\frac{1}{2}$  small red onion; diced (scant  $\frac{1}{4}$  cup)
- 2 Tablespoons brown sugar; firmly packed
- 2 Tablespoons cider vinegar
- $\frac{1}{4}$  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 ( $\frac{1}{4}$  cup each)

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



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In season:



Summer

# Cherry

Lakota: čhanphá

## Sampling Display Instructions

### Cherry Crisp

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 ½ inch square			
Whole wheat flour	¾ cup	1 cup	1 ½ cups
Rolled oats	¾ cup	1 cup	1 ½ cups
Brown Sugar	½ cup	⅔ cup	1 cup
Cinnamon	⅛ teaspoon	¼ teaspoon	½ teaspoon
Salt	A pinch	A pinch	⅛ teaspoon
Melted butter	⅓ cup	½ cup	⅔ cup
Cherries canned in water; juice reserved (⅔ cup)	1 can	2 cans	3 cans
Reserved cherry juice	⅓ cup	½ cup	⅔ cup
Sugar	¼ cup	⅓ cup	½ cup
Orange juice concentrate	1 Tablespoon	2 Tablespoons	3 Tablespoons
Cornstarch	1 Tablespoon	2 Tablespoons	3 Tablespoons
Water	1 Tablespoon	1 Tablespoon, 1 teaspoon	2 Tablespoons

### Directions:

1. Grease baking pan. Mix the first five ingredients set aside.
2. Drain cherries, reserve cherry juice. Place cherries in baking dish.
3. Mix cherry juice, sugar and orange juice concentrate. Heat in saucepan for 2 minutes. Mix cornstarch and water add to cherry juice mix. Continue to cook until sauce thickens.
4. Remove from heat stir well. Pour juice mix over cherries in pan and sprinkle on topping.
5. Bake until browned, 425 degrees F for 40 minutes.
6. Let cool cut into 1 ½ inch squares. Cover for transport.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Disposable cups and utensils
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=Q4G1L-3Rb12A](https://youtube.com/watch?v=Q4G1L-3Rb12A)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using paper disposable cups/utensils. Ask parents permission before giving children a sample.
- Ask if they use cherries often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers should be refrigerated for 2-3 days.
- Lakota word translated by Jeshua Estes.

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In season:



Summer

# Cherry

Lakota: čhanphá

## Sampling Display Instructions

### Green Beans with Dried Cherries

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Dried sweetened cherries	½ cup	⅔ cup	1 cup
Canola oil	½ Tablespoon	2 teaspoons	1 Tablespoon
Red onion, diced	½ onion (scant ¼ cup)	½ onion (¼ cup)	1 onion (½ cup)
Brown sugar, firmly packed	2 Tablespoons	2 Tablespoons, 2 teaspoons	¼ cup
Cider vinegar	2 Tablespoons	2 Tablespoons, 2 teaspoons	¼ cup
Water	¼ cup	5 Tablespoons, 1 teaspoon	½ cup
Green beans, trimmed	1 pound	1 ½ pounds	2 pounds
Salt, optional	To taste	To taste	To taste

### 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. Add the dry cherries, vinegar, and water.
3. 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.
6. Place in a slow cooker for transport. Serve warm.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Disposable plates, forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=PLltdDb7lZYqIWYg\\_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLltdDb7lZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place a few samples out at a time on plates with forks. Ask parent's permission before children sample.
- Ask if they use cherries often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers should be refrigerated for 2-3 days.
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