



live life well.



TIP OF THE WEEK



May's Fruit of the Month CHERRIES

Fun Fact

There are more than 7,000 cherries on a single cherry tree!

Health Benefits

Cherries are a good source of vitamin C and fiber. There are two main types of cherries—sweet and sour. The Bing cherry is the best-known sweet cherry and sour cherries are most often used for cooking, pies, and preserves. Including cherries in your low-fat diet, along with a colorful variety of fruits and vegetables, will help you maintain heart health, memory function, urinary tract health, and lower your risk of some cancers.

Selection

At the market, pick a handful of cherries at a time and only select the best fruit. This may be time-consuming, but the reward will be better cherries. Good cherries should be large, glossy, plump, hard, and dark-colored for their variety. Avoid fruit that is bruised or has cuts on the dark surface.

Storage

Store unwashed cherries in a plastic bag or in a shallow dish covered with plastic wrap. Cherries stored in the refrigerator will last for up to a week. Check the fruit occasionally and remove the cherries that have gone bad. Remember to wash the fruit before eating!

Preparation Ideas

Most cherries are eaten raw—simply wash and enjoy! If you plan to cook with them, pit the cherries either by hand or with a pitter. Drop the cherries into a small amount of simmering water and cook for one to three minutes until soft.

FEATURED CHERRY RECIPE: CHERRY PEPPER SALAD

Ingredients

1/2	pound fresh carrots, grated	2	tablespoons white wine vinegar
1	cup pitted fresh sweet cherries	1/2	tablespoon olive oil
1	cup thinly sliced sweet yellow peppers	1	teaspoon sugar
1	cup thinly sliced green peppers		salt and pepper to taste
1/4	cup thinly sliced mild chili pepper	4	cups mixed greens
2	tablespoons finely chopped onion		

Preparation

1. Toss all ingredients together, except greens.
2. Refrigerate for 1 hour.
3. Serve on mixed greens.

Makes 4 servings.

Nutrition Information Per Serving

Calories 70, Carbohydrate 13g, Protein 3g, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 90mg, Dietary Fiber 3g

Recipe courtesy of Fruits and Veggies More Matters.



For additional tips from California Department of Health Services, please visit:
<http://www.dhs.ca.gov/ps/cdic/cpns/worksite/>