



Quick Bites — Cherries

Did George Washington cut down a sweet or tart cherry tree? In the 1600s settlers brought cherry trees to America; by the late 1800s cherry orchards flourished in northern Michigan and the Pacific Northwest. Today, Michigan produces most of our tart cherries and northwestern states produce 60 percent of sweet cherries. Each American eats about two pounds of cherries annually (mostly sweet). Some studies show that compounds in cherries may help relieve pain from arthritis, gout and headaches.

What's in Cherries?

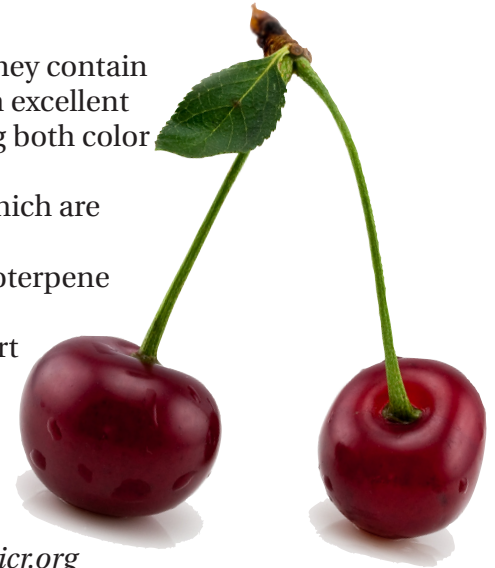
Both sweet and tart cherries are a good source of fiber and vitamin C, and they contain potassium. Tart cherries, but not sweet cherries or tart cherry juice, are also an excellent source of vitamin A. Cherries contain a variety of phytochemicals contributing both color and antioxidant activity:

The fruit's dark red color comes from their high content of anthocyanins, which are antioxidants

Hydroxycinnamic acid and perillyl alcohol, a phytochemical from the monoterpene family, provide cherries' antioxidant power.

Both sweet and tart cherries supply these antioxidant substances, though tart cherries contain more.

The antioxidants in cherry juice and dried cherries (both unsweetened and sweetened) are similar to flesh cherries, according to producer data. Frozen cherries' antioxidant content is somewhat lower, and canned cherries' decreases further but remains significant.



- From AICR Health Talk - www.aicr.org

Nutrition Facts: Cherries (sweet)

Serving Size: 140 grams (1 cup, with pits)

Calories per serving: 88 calories

Excellent Source* Good Source**

Vitamin C

Fiber

Nutrition Facts: Cherries (tart)

Serving Size: 155 grams (1 cup, pitted)

Calories per serving: 78 calories

Excellent Source* Good Source**

Vitamin A Vitamin C

Fiber

Classic Cherries Jubilee

allrecipes.com

Rated: ☆☆☆☆☆

Submitted By: Wilemon

Prep Time: 10 Minutes

Ready In: 30 Minutes Cook Time: 20 Minutes

Servings: 6

"Classic cherries jubilee, simmered with orange zest and flambeed with brandy is a great, refreshing dessert especially after a hearty meal."

Ingredients:

1/2 cup white sugar

1/4 cup water

2 tablespoons cornstarch

1/4 cup brandy

1/4 teaspoon cherry extract

1/4 cup orange juice

1/2 teaspoon finely grated orange zest

1 pound Bing or other dark, sweet cherries rinsed and pitted (or use frozen pitted cherries)

3 cups vanilla ice cream

Directions:

- Whisk together the sugar and cornstarch in a wide saucepan. Stir in the water and orange juice; bring to a boil over medium-high heat, whisking until thickened. Stir in the cherries and orange zest, return to a boil, then reduce heat, and simmer for 10 minutes. While the cherries are cooking, spoon the ice cream into serving bowls.
- Remove the cherries from the heat, and stir in the cherry extract. Pour in the brandy, and ignite with a long lighter. Gently shake the pan until the blue flame has extinguished itself. Spoon the cherries over the bowls of ice cream.

*For more information:
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