



Cheer for Cherries!



Fun Facts:

- Cherries belong to the Rose family and the stone fruit group.
- The average cherry tree has 7,000 cherries. That's enough to make about 28 cherry pies!
- There are two main varieties of cherries: sweet and tart. Sweet cherries are commonly eaten fresh, while tart cherries are perfect for baking.
- Traverse City, Michigan, is deemed the Cherry Capital of the World, with 4 million trees that produce 150-200 million pounds of tart cherries annually.
- The world record for cherry stone (pit) spitting is 93 feet!



Nutrition Benefits:

- Cherries are rich in plant compounds called polyphenols, which may reduce the risk of several chronic diseases, including arthritis, cardiovascular disease, diabetes, and cancer.
- Studies have shown that cherry consumption may even improve sleep, cognitive function, and recovery from pain after strenuous exercise.
- Cherries are a good source of potassium, helping to reduce risk of hypertension by balancing blood-pressure levels.
- Sweet cherries are packed with antioxidants called cyanidins, which may help prevent genetic mutations and keep cancer cells from growing uncontrolled.
- Cherries may help prevent gout, a form of inflammatory arthritis caused by high uric acid levels in the blood. Studies have shown cherry consumption may cause a decrease in uric acid and reduce inflammation.

Try it @ Home!

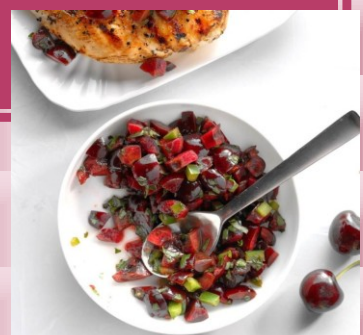
Cherry Salsa

Ingredients:

- 1 cup fresh or frozen pitted dark sweet cherries, chopped
- 2 tablespoons chopped fresh basil
- 1 tablespoon finely chopped green pepper
- 1 teaspoon lemon juice
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon grated lemon zest
- 1/8 teaspoons salt
- Dash hot pepper sauce

Directions:

Combine all ingredients. Refrigerate for 1 hour to let flavors marry. Serve with corn chips, whole grain crackers, or as a topping for chicken, turkey, or pork. Even try as a topping for fish tacos!



References:

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