



FUN FACTS

Cherry



- Cherries are believed to be discovered by the Romans nearly 2,000 years ago!
- There are two common cherries grown in America- sweet and tart cherries. Sweet cherries are great for snacking, while tart cherries are best to use while cooking!
- One cherry tree produces about 7,000 cherries- that's nearly 30 pies worth of cherries!
- Cherries are stone fruits, known as drupes, which are related to plums, peaches, and nectarines
- Darker cherries are higher in vitamins and antioxidants than lighter colored cherries
- Cherries are high in melatonin and antioxidants. Melatonin helps destroy toxins that cause diseases and antioxidants help our heart stay healthy and strong!
- Cherries are low in fat and are a great source of fiber, Vitamin A, C, and E!

Culver CITY FARMERS' MARKET

Tuesdays 3- 7 pm
Main Street between
Culver & Venice Blvds

GrowingGreat would like to thank
**Culver City Farmers
Market**

for donating the CHERRIES sampled at
MAY's Harvest of the Month!

Students in grades 1-5 will sample fresh,
seasonal produce from the Farmer's Market
each month as part of the GrowingGreat
Farm to School program. Keep an eye out
for a flyer detailing the food sampled, along
with a family friendly recipe.

Recipe

Swirly Cherry and Yogurt Ice Pops

www.calcherry.com/recipes

Ingredients:

- 4 cups pitted Bing cherries(Optional: 2 cups each Bing cherries and Ranier cherries)
- 1 cup frozen lemonade concentrate
- 1 cup low-fat vanilla yogurt

Preparation:

1. Combine Bing cherries and 1 cup lemonade concentrate in food processor and process until smooth. Set aside.
2. Pour mixture into popsicle molds, alternating with spoonfuls of yogurt. Using a wooden skewer, gently mix layers to create a swirl effect. (If using Ranier cherries, blend 2 cups of each cherry variety with ½ cup lemonade concentrate and alternate layers with both kinds of cherries and yogurt.)
3. Freeze molds until firm. Unmold by briefly dipping in warm water to loosen pop.