

## **CHERRIES, OH SO GOOD FOR YOU, AND DELICIOUS!**

In an article in 'Health Magazine', May 2004, it was reported that plump, juicy, Bing cherries may help people who suffer from the pain of gout or other forms of arthritic inflammation. That's according to research at the Agricultural Research Service's Western Human Nutrition Research Center in Davis, CA. (you can read a copy of this article at **Cherrystone Orchard, 1411 S Slope Rd., Emmett, ID – 208-334-2344**)

**Cherries are delicious picked fresh**, washed and eaten, also delicious picked fresh, washed, cooled in the refrigerator and eaten chilled. Delicious every way you eat them.

**Cherries can be frozen:** Wash cherries, place in a sandwich or quart size zip-lock freezer bag and freeze. When ready to eat as a healthy snack, remove from the freezer BUT, be sure to eat while they are still icy so they will not get soft. YUM!

**Cherries can be canned:** A bushel of cherries = 56 pounds and you will need approximately 2 to 3 pounds per quart jar. A simple way to can cherries is to fill jars firmly, leaving 1 inch of headroom. Add boiling syrup, leaving 1 inch of headroom; adjust lids. Process in a boiling water bath (212 degrees F) – pints for 24 minutes, quarts for 29 minutes. Remove jars; complete seals if necessary. Refer to "**Ball Blue Book The Guide to Home Canning and Freezing**" for complete instructions.

*Thin Syrup for canning fruits:*

*4 cups water 2 cups sugar = 5 cups thin syrup*

*(Putting Food By, July 1975 Stephen Greene Press)*

NO NEED TO PIT CHERRIES WHEN CANNING, YOU CAN SPIT THE PITS OUT AS YOU EAT THEM WHEN YOU OPEN THE JARS.

**Cherries can be juiced** in a 'steam juicer'. (follow instructions for your steam juicer) and the juice canned in jars without sugar for a concentrated juice ready to use as you wish. You can drink it without any additions if you like a concentrated juice. This is also a help for gout or arthritic pain. Cherries are high in vitamins and antioxidants.

**Cherries can be dehydrated:** Wash and pit cherries, place close together but not touching on drying trays. Follow the directions for your dehydrator. When dried at 140 degrees and properly stored they should keep indefinitely without the use of preservatives. In most cases, drying is complete when the fruit becomes leathery and the centers seem as hard as the outside. Cherries will feel slightly sticky. Experience will be your best guide.

Uses for dehydrated cherries: Eaten as a snack. Snipped in half and used as you would raisins in any recipe calling for raisins. Dipped in chocolate and given as gifts. (when people know you are giving chocolate covered dehydrated cherries as gifts, your list of friends will quickly increase.)