

CHERRIES

The cherry is a small stone fruit that's in season from mid-May to July. Cherries grow on trees or bushes, and they are red in color with a seed in the middle. Cherries are often used to flavor desserts like pies and cakes; however, they're delicious eaten plain or consumed as a juice or smoothie. Cherries are packed with vitamins and minerals like vitamin C and potassium, and they are a good source of fiber. This fruit is also rich in antioxidants that can help fight cellular damage and reduce inflammation.

SELECTION & STORAGE

Storage and selection: When selecting fresh cherries, look at the cherry's stem and skin. The stem of the cherry should be green and unbroken, not brittle and brown. The ideal cherry will have a shiny and plump skin with no wrinkles. When frozen, cherries can last up to six months in the freezer. If consuming your cherries fresh, be sure to keep your cherries dry and unwashed until you're ready to eat them. Store fresh cherries in the coldest area of your refrigerator and eat within a week.



RECIPE OF THE MONTH: ALMOND CHERRY SMOOTHIE



INGREDIENTS:

- 1 ripe banana, preferably frozen
- 1 cup frozen cherries
- 1 cup spinach
- 1 tablespoon almond butter
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- ½ cup almond milk (or milk of choice)

DIRECTIONS:

Add all ingredients to a high powered blender and blend until smooth and creamy. Add more milk if necessary. Serves 1. Feel free to double the recipe to serve 2!