Selection:

Choose cherries that are firm and plump with green stems. If the stems are brown and dry, or the skin near the stem is brown, the fruit is no longer fresh. Avoid soft, shriveled, or bruised cherries.

Storage:

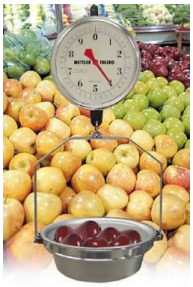
Store unwashed cherries in a resealable plastic bag in the refrigerator for 7 to 10 days. Regularly check and remove any cherries that have gone bad, as they will start to decay the others. To freeze, place rinsed cherries on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a resealable plastic bag and freeze for up to 1 year. Cherries may be frozen with or without the pits.

Refrigerator: 7 to 10 days
Freezer: Up to 1 year

Use:

Rinse cherries thoroughly before preparing. Cherries can be pitted with a cherry pitter or the tip of a vegetable peeler. Bing cherries are good for both cooking and eating raw.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of cherries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Cherries

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of cherries **at** $0.99 per lb? **2 lbs x $1.99 = $3.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

21 Medium Cherries
(1 cup)

Nutrition Facts	
Serving Size 1 cup (21 cherries) (140g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 21 medium cherries, which is about 1 cup.

Recipe:

Rubies and Greens

Preparation Time: 10 minutes
Serves 6
Cups of Fruit per Serving: ½

Ingredients:

Dressing:
⅓ cup orange juice
2 tablespoons olive oil
2 tablespoons honey
½ teaspoon salt
Ground black pepper to taste

Salad:
1 (5 oz.) bag baby spinach or mixed greens
3 cups sweet cherries, pits removed
2 cups sliced cucumbers
½ cup finely diced red onion

Preparation:
1.) Whisk together orange juice, oil, honey, salt, and pepper; set aside.
2.) In large bowl, combine salad ingredients.
3.) Toss salad with dressing and serve immediately.

Nutrition Information per Serving:
Calories 133, Total Fat 4.7 g, Saturated Fat 0.6 g, Cholesterol 0 mg, Sodium 233 mg, Carbohydrates 24 g, Dietary Fiber 3 g, Protein 2 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.