

Harvest of the Month



Network for a Healthy California



Nutrition Facts

Serving Size 1 cup, with pits, yields 138g (138 g)

Amount Per Serving

Calories 87 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 3g 12%

Sugars 18g

Protein 1g

Vitamin A 2% • Vitamin C 16%

Calcium 2% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com

For labels of other stone fruits and nutrition information in bar graph format, visit the *Educators' Corner* at www.harvestofthemoth.com.

STONE FRUITS:

CHERRIES

May

What's in a Name?

Pronunciation: cher-ee
Spanish name: cereza
Family: Rose
Genus: *Prunus*
Species: *Prunus Avium*



It was probably birds who spread them to Europe. From the very beginning they were a great success and the Greeks and Romans were among the first to cultivate them.

Cherries are classified as a stone fruit, or drupes, meaning that they possess a single large seed or stone surrounded by juicy flesh. Other common stone fruits include peaches, plums and apricots. Cherries are classified into four major varieties — Bing, Rainier, Lambert, and Van. There are two types of cherries, sweet and tart. Tart red cherries are usually processed into juice, jams, jellies, preserves and pie fillings. Sweet cherries are primarily marketed as fresh.

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Cherries are in the red color group.

- Red fruits and vegetables help maintain a healthy heart, memory function and urinary tract health. They may also lower the risk of some cancers. Examples include strawberries, cherries, raspberries, watermelon, tomatoes, red peppers, radishes and red potatoes.
- Use the *Fresh Fruit and Vegetable Photo Cards* (CDE, 1997) to show students other red fruits and vegetables. Discuss the health benefits of the various color groups.

For more information, visit:

www.fruitsandveggiesmatter.gov
www.harvestofthemoth.com

Just the Facts

- The United States grows approximately 150,000 tons of cherries annually.
- Europeans enjoy a chilled cherry soup as a summertime treat.
- There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions).
- Cherry is the state fruit of Utah.
- Seventy percent of the cherries (both sweet and tart) produced in the United States come from four states (Washington, Oregon, Idaho, and Utah).
- Cherries contain important nutrients such as beta carotene (19 times as much as blueberries or strawberries!)

For more information, visit:

http://www.bellybytes.com/foodfacts/cherry_facts.html
<http://www.foodreference.com/html/fcherries.html>

May Events

- National Bike Month
- National Physical Fitness and Sports Month
- Women's Health Month



Adventurous Activities

Field Trip:

Take students to a farmers' market. To find the location of a farmers' market in your area, visit www.localharvest.org/farmers-markets. Or, bring the field trip to the school. For more information on Farm to School programs, visit www.farmentoschool.org/ca/index.htm.

History Exploration:

Have students research the various uses of cherries throughout history and do a classroom presentation.

Creative Writing:

Using the facts learned from the *Student Sleuths*, have students interview their parents and friends to share their "Cherry IQ."

For more **ideas and information**, visit: www.ars.usda.gov/is/kids

Student Sleuths

- 1 The store sells the following cherry items: fresh cherries, frozen cherries, dried cherries, canned cherries, cherry fruit leather and chocolate covered cherries. You want to buy a cherry item that will provide you with the most nutrients to help fill up "your pyramid." Complete the following steps to determine which cherry item will provide you with the most nutrients for the least cost per serving.
 - a. Compare the Nutrition Facts labels for each item. (Labels also available at www.nutritiondata.com.)
 - b. What is the unit cost (per pound, can or package) for each item? Determine the cost per serving for each item.
 - c. Make a chart showing each of the cherry items, nutrient values, unit costs and costs per serving.
 - d. Which cherry serving costs the least? The most?
 - e. Which cherry serving provides the most nutrients? The least?
 - f. Which cherry item will provide you with the most nutrients for the least cost?
- 2 Identify on a California map the top five counties where cherries are grown. What geographic characteristics do these counties have in common? Hypothesize why these characteristics are ideal for cherry production.

Next Month: Peaches



Reasons to Eat Cherries

One **cup of cherries** provides:

- A good source of Vitamin C.

What is Vitamin C?

- A water-soluble vitamin.
 - Also known as ascorbic acid.
 - Acts as an antioxidant (attacks free radicals in the body).
 - Helps body make collagen (a substance that helps strengthen connective tissues and keep gums healthy).
 - Insufficient intake may result in disease known as scurvy.
- A good source of Vitamin B complex, potassium and fiber.
 - 20 cherries are 10 times as potent as aspirin and have positive effects on gout and arthritis pain.



Student Advocates

Support local growers and California agriculture by promoting farmers' markets.

- Introduce yourself to the local growers and ask if you can help promote sales.
- Make a schedule of farmers' markets in your area. If none are nearby, find out how to get one in your neighborhood.
- Develop a promotional flyer inviting students, friends and families to visit these markets.
- Distribute flyers on school campus and local neighbors.
- Increase attendance by hosting a contest or arranging a neighborhood walk to and from the market.

For more information, visit:

www.localharvest.org



Literature Links

- **Elementary:** *Farmer's Market* by Marcie Rendon and Cheryl Bellville and *The World's Largest Plants: A Book About Trees* by Susan Blackaby.
- **Secondary:** *Americans in Agriculture: Portraits of Diversity* by USDA, *Cool as a Cucumber, Hot as a Pepper: Fruit Vegetables* by Meredith Sayles Hughes, *New Junior Garden Book* by Felder Rushing and *Seedfolks* by Paul Fleischman.

For more **ideas** visit:

www.cfaitc.org/Bookshelf/Bookshelf.php

