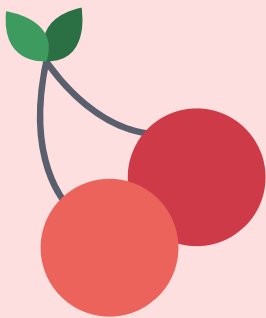


Celebrating Michigan Cherries



Fast Facts

- Traverse City, Michigan is the Cherry Capital of the world and home to the annual National Cherry Festival!
- Michigan is the top producer of tart cherries in the United States with about three-fourths of the country's total production, producing 201 million pounds of tart cherries in 2018, valued at 280.1 million dollars!
- Support Michigan local produce by trying out the take home Discovery Kitchen Recipe below.



Nutrition News

Tart cherries contain many health benefits, vitamins and minerals such as:

- **Beta carotene** to help us see
- **Vitamin C** to help keep our immune system functioning and strong
- **Potassium** to help our muscles function properly
- **Magnesium** to regulate a variety of body processes
- **Iron** to help transport oxygen throughout the blood in our body
- **Fiber** to help keep our colon healthy
- **Antioxidant compounds** that have anti-inflammatory properties

NOTE: EDUCATIONAL INFORMATION ADAPTED FROM CULTIVATEMICHIGAN.ORG & MICHIGANGROWN.ORG/CHERRIES/

Michigan Cherry Crumble

chartwells
Discovery
KITCHEN

Ingredients:

12-18 cherries, fresh or frozen
1 1/2 tbsp flour
1 1/2 tbsp quick oats
1/4 tsp cinnamon, ground
1 tsp brown sugar
1/2 tsp vanilla extract
1/2 tsp butter, melted

Directions:

1. Remove cherry stems and pits.
2. Arrange cherries in a microwave safe mug or dish.
3. Mix crumble by combining flour, quick oats, cinnamon, brown sugar, butter and vanilla extract.
4. Top cherries with mixed crumble ingredients.
5. Cover container with a paper towel.
6. Microwave on high for 2-3 minutes.
7. Stir and enjoy!

All ingredients provided in this week's meal bag!

Recipe adapted from the produce moms

chartwells 
serving up happy & healthy

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Try these recipes!

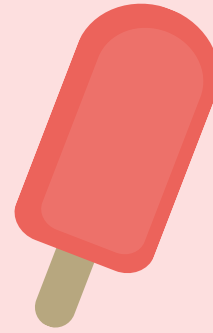
Berry Cherry Frozen Yogurt Bites

Ingredients:

- 1/2 cup cherries, pitted and chopped
- 1/4 cup blueberries
- 1/4 cup pistachios, shelled and chopped
- 1 cup vanilla yogurt (greek, low fat)

Directions:

1. Mix cherries, blueberries, pistachios and vanilla yogurt In a bowl.
2. Fill ice cube tray with mixture.
3. Place saran wrap over top and poke toothpicks in each mould.
4. Freeze 2-3 hours or until firm.
5. Enjoy!



Berry Funny Jokes

- 🍒 What do you call a group of cherries playing guitars? A jam session!
- 🍒 What did the cherry say to their friend? I cherry-ish you berry much!
- 🍒 Did you hear the joke about the cherry? It was pit-iful!



Cherry Corn Salsa



Ingredients:

- 1/2 cup corn (canned, frozen, or fresh)
- 1/2 cup cilantro, chopped
- 1 cup cherries, pitted chopped
- 2 jalapeños, seeded and chopped
- 1/2 tsp salt
- 2 tbsp extra virgin olive oil
- 1 lime, juiced
- Optional additions: 1 can black beans (drained and rinsed), 1/2 a red onion (chopped finely), avocado (diced), cooked quinoa or brown rice

Directions:

1. Combine corn, cherries, cilantro and jalapeños in a medium bowl.
2. **Add In any desired additions**
3. Add in salt, oil, and lime juice just before serving and mix in to salsa.
4. Taste test and adjust seasoning to your liking.
5. Serve with your favorite tortilla chips, guacamole, part of a salad, or on top of a protein!

RECIPES ADAPTED FROM: CULTIVATEMICHIGAN.ORG
& HEALTHY FAMILY PROJECT