

Cherries

- Wash, stem and pit before using.
- Eat raw, make into a jam, bake into a pie or crisp, or add to your favorite entrée for a hint of sweetness.
- Eat quickly! (3-5 days)

Refrigerate unwashed in a plastic bag.
Do not wash until ready to eat.

*To freeze: wash, stem and pit cherries.
Add $\frac{3}{4}$ cup of sugar to each quart of
cherries, stir until sugar is dissolved and
store in freezer bag.*

 vines Binghamton Farm Share
www.vinesgardens.org/farmshare 607-238-3522

Binghamton Farm Share is a program of Volunteers Improving Neighborhood Environments, Inc. and Healthy Lifestyles Coalition and a member of Wholesome Wave's National Nutrition Incentive Network. Materials may be reproduced and distributed for educational purposes with source acknowledgment.