



# Utah Tart Cherries

Georgia C. Lauritzen, PhD, Food & Nutrition Specialist

FN 224

Utah tart cherries offer distinct and varied eating goodness. The delicious tart flavor provides the zing to accompany a main course or the right finish to a memorable dining experience. The harvest is in mid to late July, but canned or frozen tart cherries provide year-round enjoyment.

## Selection

- Good cherries have bright, glossy, plump looking surfaces and fresh-looking stems.
- Sour cherries should be uniformly bright red.
- Avoid shriveled cherries with dried stems.

## Varieties to Look For

Montmorency is the most popular tart cherry in America. These cherries are medium size, bright red, and tart.

## Care and Handling

Cherries are highly perishable and should be refrigerated as soon as possible. Sort them carefully and place loosely in a shallow container so that air can circulate and the weight of the cherries on top does not crush those on the bottom. Wash cherries **just before** using. Fresh cherries should be stored only one or two days for highest quality; home canned or frozen cherries will keep up to one year.

## On Nutrition

One-half cup canned tart cherries in light syrup pack contain 914 IU of vitamin A which is 20-25 percent of the Recommended Dietary Allowance. Tart cherries also contain smaller amounts of ascorbic acid, potassium, and other vitamins and minerals.

## Serve Cherries Often

- on ice cream or cake
- in a fruit cup
- as cobbler

- as pie
- with salad combination
- as sauce over meat
- as glaze on poultry
- as tarts
- as crown for cheesecake

### ***Directions for Freezing***

---

Select bright-red, tree-ripened cherries. Stem, sort and wash thoroughly. Drain and pit. Use syrup pack if cherries are to be served uncooked, sugar pack for cooked cherry dishes.

**Syrup pack:** Pack cherries in 60% syrup (7 cups sugar to 4 cups water). Seal and freeze.

**Sugar pack:** To one quart of pitted cherries, add 3/4 cup sugar. Mix gently until sugar is dissolved. Pack into containers. Seal and freeze.

Or cherries may be tray frozen and then packed into containers as soon as frozen solid.

### ***Directions for Canning***

---

Wash, stem and pit cherries. Pack into jars to within ½ inch of top. Cover with hot syrup, sweetened to preference (2–4 cups sugar per quart of water), or water to within ½ inch of top. Adjust lids and process in boiling water bath according to the following chart.

	<b>Pints</b>	<b>Quarts</b>
3000 – 6000 ft altitude	35 min	35 min

**Utah State University is an Equal Opportunity/Affirmative Action Institution**

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert L. Gilliland, Vice President and Director, Cooperative Extension Service, Utah State University. (EP/05-95/DF)