



Harvest of the Month: Cherries

Video Transcript

Video Available At:

<https://www.youtube.com/watch?v=TKSdUHqKgio&list=PLxD1eXc1FC3V6TYM43aTOg13edktky1vs&index=10>

This month's Harvest of the Month is cherries! Montana is home to over 700 acres of cherry orchards throughout the state. On average, Montana growers produce 2 million pounds of sweet cherries a year. Montana is most famous for its Flathead Cherries, which is a general term used for several sweet cherry varieties grown near Flathead Lake in western Montana. The climate around Flathead Lake is protected from extreme winter temperatures and spring frosts, making it ideal for growing sweet cherries.

There are more than 1,000 varieties of cherries being grown in the United States, but there are two main types of commercially grown cherries: sweet and tart! Sweet cherries, as the name suggests, are sweeter than tart cherries and are also larger. They are typically eaten fresh. Tart cherries, also called sour or pie cherries, are smaller, more sharp or sour tasting, and are typically used in baked goods. Dwarf sour cherries are a new variety of tart cherries that grow in bushes, making them easier to pick and hardier in cold temperatures than other cherry varieties. Chokecherries are a shrub-like member of the cherry family that are native to Montana and most of the United States and Canada. Native Americans have traditionally eaten the fruit and use the bark, stems, leaves, and roots for medicinal uses. All cherry varieties are packed with flavor and nutrients. One cup of cherries is a good source of Vitamin C, which helps to build a strong immune system for fighting off disease and infection. It also helps the body absorb iron from plant-based sources. The USDA My Plate Guidelines recommend eating between one and two cups of fruit daily to maintain a healthy, active lifestyle. Cherries are a tasty and wonderful ingredient to enjoy in your meals, desserts, or on their own! Let's learn how to use cherries to make a delicious breakfast recipe: a yogurt parfait!

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Cherries are a tasty and nutritious source of vitamins. Enjoy Montana cherries all month long! The Montana Harvest of the Month Program showcases a different Montana-grown food each month in Montana communities. We hope you'll join us in tasting Montana this month!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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