

August's Harvest of the Month is Cherries!



- EAT CAREFULLY!** Cherries have a hard seed in the center you should eat around.
- One cherry tree produces about 7,000 cherries.
- There are "tart" and "sweet" cherries. Sweet cherries are sweeter, larger, and eaten fresh. Tart cherries are smaller, sour, and eaten canned or baked.
- Flathead Cherries, in your lunch today, are sweet cherries grown around Flathead Lake in Montana.
- Cherries have vitamin C, good for your immune system.
- Sweet cherries range from yellow to red to nearly black.

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Red, White, and Blue Salad Recipe

Ingredients: 1 1/2 cups pitted sweet cherries, 1 1/2 cups Rainier pitted cherries, 1 1/2 cups pitted and cubed white peach, and 1 1/2 cups blueberries

Mint Honey Lemon Dressing: 3 Tbsp lemon juice, 1 1/2 Tbsp Honey, 1 1/2 Tbsp Olive oil, 1 Tbsp chopped mint, 1/4 tsp salt
Preparation:

1. Toss cherries, peaches, and blueberries in a bowl.
2. In a separate bowl, combine lemon dressing ingredients (lemon, honey, olive oil, mint, salt) and whisk well.
3. Drizzle dressing over fruit, toss gently, & enjoy!



Servings: 6

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Cherry and Yogurt Parfait Recipe

Ingredients 3/4 cup Granola, whole grain rich 3 cups Fresh cherries, pitted and whole, sliced, or chopped 3 cups Plain yogurt, low-fat 1/2 tsp Vanilla extract 1 Tbsp Honey

Preparation:

1. Set out desired number of cups (about 9 oz each)
2. Put 1/2 cup cherries in each cup
3. Combine yogurt, vanilla, and honey in a bowl & stir
4. Portion 1/2 cup yogurt mixture on top of cherries
5. Sprinkle granola on top of yogurt, portioned evenly between desired number of cups/servings & enjoy!

Servings: 6



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Find the following words in the puzzle.
Words are hidden → and ↓ .

BLOSSOM
CHERRY
FLATHEAD

HARVEST
PIT
RED
SWEET

TART
VITAMIN C



missoula food bank
& community center



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