

Harvest of the Month™



The California Harvest of the Month™ featured fruit is...



Cherries

Health and Learning Success Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables, along with being active for at least 60 minutes every day, will help keep your family healthy. Healthy students miss fewer school days, are more alert, and are ready to learn! With *California Harvest of the Month*, your family can learn tips to help you eat more fruits and vegetables and be active every day.

Produce Tips

- **Buying fresh cherries:** The glossiest, darkest reds with dark saturation and the greenest stems typically ensure the freshest quality. Plump, firm cherries are tastier! Also, choose cherries that are firm to the touch.
- **Storing fresh cherries:** Once you've chosen the perfect cherries and you get them home, make sure to store the bag in the refrigerator.
- Be sure to store them away from strong-smelling foods, such as onion, so that the odors doesn't transfer to your cherries!

Healthy Serving Ideas

- You can enjoy cherries many ways: in salads, salsas, sauces and marinades, jams, and of course raw!
- You should not eat the pits or stems.

Recipe: Summer Cherry Salsa

Total Servings: 4-6 servings

Serving size: 1/2 cup

Total time: 20 minutes

Ingredients:

- 1 pint fresh cherries (chopped)
- ½ green bell pepper (chopped)
- ½ small red onion (chopped)
- 2 garlic cloves (minced)
- 1 jalapeno pepper (chopped)
- 1 lime
- 2 tablespoons olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 ½ tablespoons chopped basil, plus more to garnish

1. Rinse cherries and pat dry.
2. Pit them using a cherry pitter or a sharp knife.
3. Chop cherries, bell pepper, onion and jalapeño into similarly-sized pieces.
4. Peel and mince garlic cloves.
5. Combine all chopped ingredients and minced garlic in a large bowl.
6. Zest the lime over the bowl, then slice the lime in half and squeeze both halves over the bowl.
7. Gently stir in olive oil, salt, pepper, and chopped basil.
8. Pour into a serving bowl, and garnish with chopped basil.
9. Wait an hour or so before serving if possible, to allow flavors to meld.



Nutrition information per serving:
Calories: 122; Carbohydrate: 16 g; Dietary fiber: 2 g; Protein: 1 g; Total fat: 7 g; Saturated fat: 1 g; Trans fat: 0 g; Cholesterol: 0 g; Sodium: 159 mg.

Adapted from: *Vanilla Bean Cuisine*
Published: Aug 11, 2023 by [Molly Pisula](#)

Let's Get Physical!

- Plan at least one activity each week to do as a family (e.g., go for a bike ride, play basketball or soccer, take a walk).
- Get your child moving in the morning — turn on the radio and dance.
- For more ideas, visit: www.bam.gov

Nutrition Facts	
Serv. size	3 OZ (85 g/3 pieces)
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans. Fat 0g	
Cholest. 0mg	0%
Sodium 55mg	2%
Total Carb. 2g	1%
Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0%	Calcium 89mg 6%
Iron 1mg 6%	Potas. 214mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The more you know!

- **Stone Fruit:** Cherries contain a small pit in the inside which classifies them as a stone fruit.
- **Antioxidants:** Cherries are a good source of anthocyanin which is an antioxidant that gives cherries their red color. Antioxidants help fight inflammation, promote heart health and brain health.

How much do I need?

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.