



How to store, freeze and pit Cherries

Storage

- * Store cherries uncovered in the coldest part of the refrigerator. When kept refrigerated, fresh cherries should keep for up to 10 days.
- * Avoid storing cherries near strong-smelling food items. The taste of your cherries will be altered if they pick up these odors.
- * Preserve cherries by rinsing them under cold water only when you are ready to use or eat them.
- * Avoid placing cherries near windows, sunlit areas or other warm areas for a prolonged period of time. Warm environments cause cherries to deteriorate quickly.
- * Periodically check your cherries for freshness. Remove rotten cherries immediately in order to preserve the rest of your bag or container.

Freezing

Method #1 – whole cherries with stems

1. Rinse fresh cherries under cold water. Drain thoroughly.
2. Spread cherries, with stems intact, in a single layer on a baking sheet.
3. Freeze cherries until firm.
4. Pack frozen cherries into a plastic freezer bag or like container. Remove excess air, seal and freeze. Be sure to label each bag with the date you put them in the freezer.
5. Remove your frozen cherries as needed and be sure to return unused cherries to the freezer immediately.

Method #2 – dry sugar pack

1. Add 1/3 cup of granulated sugar for each 2 cups of unpitted cherries. Toss lightly to coat the cherries. Spread cherries, with stems intact, in a single layer on a baking sheet.
2. Freeze cherries until firm.
3. Fill plastic freezer bags or like container with cherries. Shake the bag periodically to pack the fruit down. Repeat until bag is almost full.
4. Remove excess air, seal and place in freezer. Be sure to label each bag with the date you put them in the freezer.
5. Remove your frozen cherries as needed and be sure to return unused cherries to the freezer immediately.

Note: Cherries can keep for up to one year in the freezer.

Pitting

Method #1 – by hand

1. Rinse cherries under cold water, and remove the stem.
2. Take an unused, standard-size paper clip and separate the two curved ends, creating a flat 'S' shape.
3. Take the end that best fits the size of your cherry, and push it into the stem end of the cherry.
4. Once the paper clip reaches the end of the cherry pit, twist the paper clip and pop out the pit.

Method #2 – with a cherry pitter

1. Rinse cherries under cold water, and remove the stem.
2. Place the cherry on the curved part of the pitter, underneath the spike.
3. Squeeze the pitter so that the spike goes through the cherry, forcing out the pit.
4. Double check to make sure the pit has exited the cherry.



Adapted from cherryamerica.com