



**Thought
Foodness**

**Featuring
Cherries**

WEST VIRGINIA HARVEST™



Did You Know?

Cherries

Where I grow best:

Cherries grow best in places with cold winters and warm summers. They need lots of sunshine, well-drained soil, and just the right amount of water. Sweet cherries need a certain number of cold hours in winter, while tart cherries need even more. In the U.S., cherries grow well in states like Washington, Oregon, and Michigan. In West Virginia, Montmorency tart cherries and hardy sweet cherries like Black Gold or Stella are good choices.

My Nutritional Superpowers include:

Cherries help muscles heal faster after playing or exercising and can even help you sleep better because they have natural melatonin. Cherries are full of vitamin C, which helps fight off germs and keeps you from getting sick. They also keep your heart strong and can help with memory and brain health. Eating cherries is a tasty way to stay healthy and strong!

I taste great in meals like:

Cherry Yogurt Parfait, Cherry Freezer Pops, and Cherry Oatmeal Muffins!

You can find Cherries at Grocery Stores and Walmart in West Virginia!



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Recipe Spotlight

Cherry Oatmeal Muffins

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Preheat oven to 350°F.
2. Mix all ingredients in a bowl.
3. Scoop into muffin cups.
4. Bake for 12–15 minutes.
5. Let cool, then enjoy your healthy muffins!

What you will need:

- 1 cup oats
- 1 cup mashed banana (about 2 bananas)
- ½ cup pitted cherries, chopped
- 1 teaspoon cinnamon
- 1 teaspoon honey (optional)

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.




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