



# Sweet Cherry Information

## Cherry Freezer Jam

### Ingredients:

2lbs Fresh Sweet Cherries  
4 1/2 Cups of Sugar  
2 Tbsp Lemon Juice  
3/4 cup of water  
1 box fruit pectin (like Sure-Jell)



### Directions:

Wash Cherries. Remove all stems and pits. Chop up Cherries.

Measure 2 cups of fruit and place in a large bowl.

Stir in lemon juice and sugar, and mix well.

Combine pectin and water in a pan. Boil for 1 minute, stirring constantly.

Stir into fruit mixture and stir for 3 minutes.

Quickly ladle into hot, sterile jars and cover at once with tight lids.

Keep at room temperature for 24 hours. Then store in freezer, or refrigerate and use within 3 weeks. Makes 3 pints.

## Freezing Cherries

1. Wash the cherries in cool water and pat them dry with a towel. Discard any cherries that are broken, bruised or otherwise blemished. You want firm, ripe cherries only.
2. Remove the stems and pits. This can be accomplished with a cherry pitter, by cutting the cherries in half and removing the pit or by a bobby pin (or a similar implement).
3. Place the cherries on a cookie sheet in a single layer, and freeze. This will keep the cherries from freezing together in clumps.
4. Once frozen, transfer the cherries to a freezer bag (or another freezer-safe container). Squeeze out any excess air before sealing the bag. Then, label it; and return it to the freezer. Use your cherries within a year to avoid freezer burn.



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## Canning Cherries

### Ingredients:

- 2 Pounds Sweet Cherries
- 4 Cups Water
- 1 1/2 - 2 Cups Sugar

### Instructions:

1. Wash & pit cherries. You can use a pitter or cut cherries in half and remove the pit.
2. Combine water and sugar in large saucepan. Stir and bring to boil to dissolve the sugar. Keep hot while you prep your jars.
3. Fill warm sterilized canning jars with the cherries. Fill to 2 cm below the rim.
4. Fill each jar with the hot syrup, stopping 1 cm from the rim of jar. With a clean hot wet cloth, wipe the rims of the jars and place the sealers and lids on top. Tighten with hands.
5. Process in a boiling water bath for 15 minutes.
6. Remove from the water bath, let cool and listen for the pops. To let the full flavors develop let the jars rest a few weeks before digging in. Refrigerate any jars that do not seal and enjoy immediately.



## Cherry Cream Cheese

### Ingredients:

- 4 Ounces (1/2 cup) reduced-fat cream cheese
- 1/4 cup chopped pitted fresh cherries
- 1 1/2 Teaspoons confectioners sugar

### Preparation:

Combine cream cheese, chopped cherries, and sugar in a small bowl and mix until blended.

Cover and refrigerate for up to 1 day



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