



Home on the Range



Triple Cherry Pie

Tart, sweet and dried cherries are a winning trio in this summertime favorite

- 2-1/2 cups fresh or frozen tart cherries (about 1 pound), pitted
- 2-1/2 cups fresh sweet cherries (about 1 pound), pitted
- 1/2 cup dried tart cherries
- 3/4 cup granulated sugar
- 2 tablespoons quick-cooking tapioca
- 1/2 teaspoon almond extract
- 1/4 teaspoon ground nutmeg
- Pastry for 2-crust 9-inch pie
- 1 tablespoon butter, chopped

Combine tart cherries, sweet cherries, dried cherries, sugar, tapioca, almond extract and nutmeg in a large bowl, mix well. Let stand 15 minutes (It is not necessary to thaw frozen tart cherries before using.)

Line a 9-inch pie plate with half the pastry. Fill with cherry mixture, dot with butter. Roll out remaining pastry and cut into six strips about 1-inch wide and 10-inches long. Weave into a lattice pattern over cherries. Trim edges, pinching top and bottom crusts together.

Bake in a preheated 375° oven 50 to 60 minutes, or until crust is golden and filling is bubbly. If necessary, cover edge of crust with aluminum foil to prevent overbrowning. Let cool before serving. Makes 8 servings

Cherry Spumoni

Cherries, chocolate and almonds combine in this ice cream sensation

- 1-1/2 cups heavy cream
- 1/2 cup sweetened condensed milk
- 1/2 teaspoon rum flavoring
- 1 (21-ounce) can cherry pie filling
- 1 cup pitted fresh sweet cherries
- 1/3 cup miniature chocolate chips
- 1/3 cup slivered almonds, toasted*

Combine heavy cream, sweetened condensed milk and rum flavoring in a large bowl, mix well. Refrigerate 30 minutes.

Lightly grease inside of a 9x5x3-inch bak-ing pan. Cut a piece of plastic wrap 24-inches long. Line bottom and sides of pan with plastic wrap so that several inches of wrap overhang each long side.

Remove cream mixture from refrigerator. Beat with electric mixer on high speed 3 to 4 minutes or until soft peaks form. Do not overbeat. Fold in cherry pie filling, fresh sweet cherries, chocolate chips and almonds. Spoon mixture evenly into lined pan. Cover and freeze at least 5 hours or overnight.

To serve, quickly dip pan in hot water, immersing just the bottom and halfway up sides to help release ice cream. Using overhanging plastic wrap for handles, gently remove spumoni from pan and transfer to serving plate. Remove plastic wrap by lifting spumoni with metal spatula. Cut crosswise into slices and serve immediately. Makes 8 servings.

* To toast almonds, put them in a large skillet over medium heat. Toast 5 to 7 minutes, stirring occasionally, or until light brown. Set aside to cool.

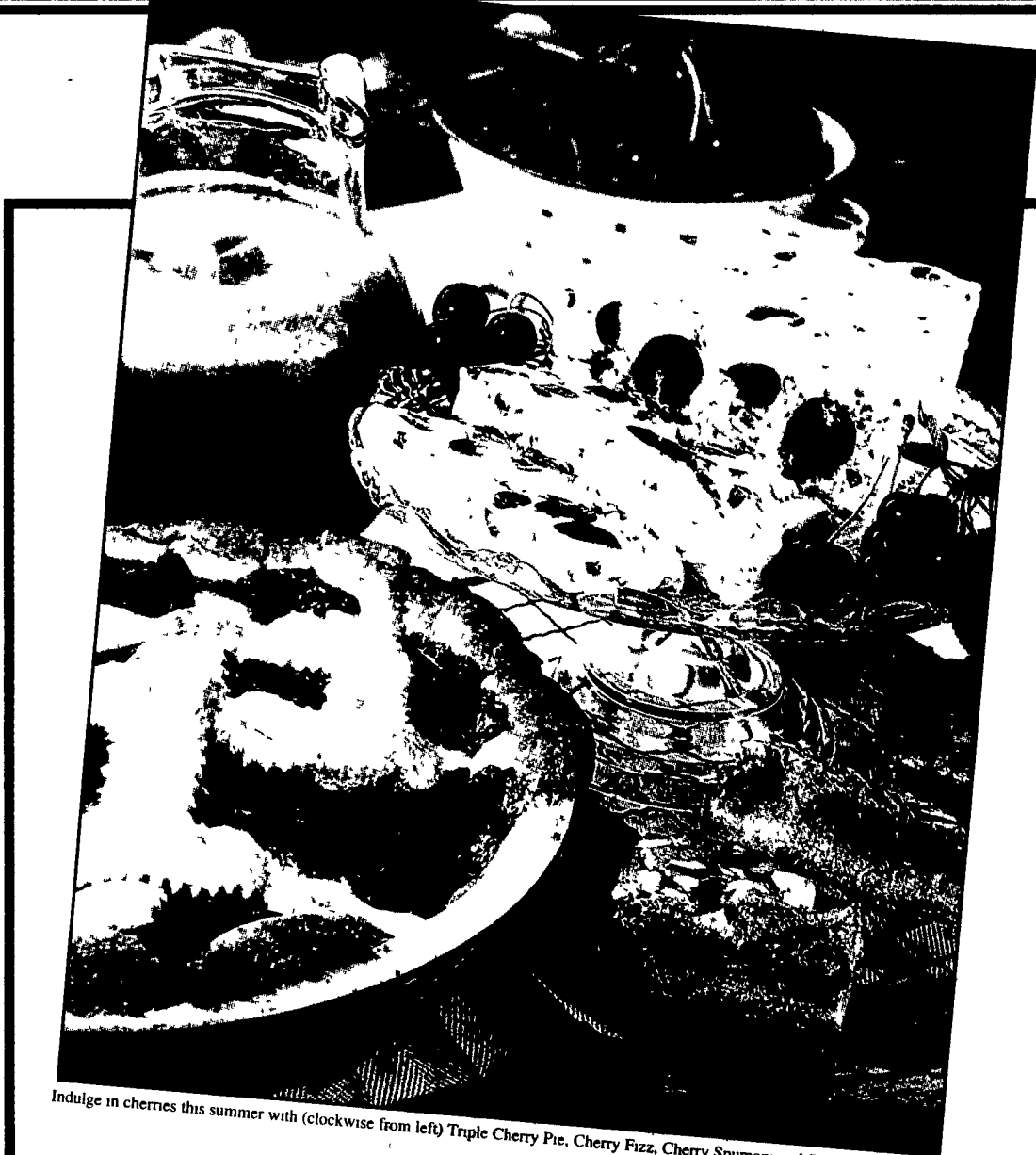
Sweet Cherry Bars

These easy-to-prepare bar cookies are the perfect treat after summer sporting events

- 1-1/2 cups (12 ounces) unsalted butter, softened
- 1-1/2 cups granulated sugar
- 1-1/2 cups firmly packed light brown sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- 4 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups pitted and halved fresh sweet cherries
- 1/3 cup sliced almonds

Put butter, granulated sugar and brown sugar in a large mixing bowl. Beat with elec-tric mixer on medium speed 3 to 4 minutes, or until well blended. Add eggs, one at a time, beating well after each addition. Stir in vanilla.

Grease the sides and bottom of a 13x9x2-inch baking pan, set aside. Combine flour, baking soda and salt, mix well. Add to butter mixture, beat 3 to 4 minutes, or until smooth batter forms. Spread half the batter in pre-



Indulge in cherries this summer with (clockwise from left) Triple Cherry Pie, Cherry Fizz, Cherry Spumoni and Sweet Cherry Bars

Cherries

An All-American Harvest

Savor the Flavor of Summer's Best

Cherries are America's favorite summertime fruit. They bring the fresh taste of the season alive. And because they're versatile, flavorful and nutritious, cherries make a great snack for warm weather activities or an irresistible centerpiece at pool parties and backyard barbecues.

There are two kinds of cherries—sweet and tart. Each has its own distinctive uses, but both offer the same wholesome goodness. They have no fat and are low in calories. That makes cherries fit right in with American's increased focus on health. Cherries also are high in potassium and are loaded with antioxidants and other cancer-fighting compounds.

Cherries are one of the few fruits that are truly seasonal. The U.S. crop of fresh sweet cherries is only available in the summer months. Sweet cherries in the Northwest begin ripening in mid-June. The prime time for fresh sweet cherries is July, but late-season varieties extend the joy of cherries into mid-August. Canned and frozen sweet cherries are available all year. Tart cherries also ripen in July, but they are seldom sold fresh because they are highly perishable. They are canned or frozen within 24 hours of harvest for use throughout the year.



pared pan. Scatter cherry halves over batter. Place spoonfuls of remaining batter on top of cherries, gently spread to cover fruit. Sprinkle almonds on top. Bake in a preheated 350° oven 30 to 35 minutes, or until wooden pick or skewer inserted in middle comes out clean. Makes 16 bars

Cherry Frizz

This beverage is ideal for brunch or a backyard barbecue

- 1 cup cherry juice blend
 - 2 cups frozen unsweetened tart cherries
 - 1 (6-ounce) can frozen pink or regular lemonade concentrate, undiluted
 - 6 to 8 ice cubes
 - 1 (12-ounce) can lemon-lime carbonated beverage, chilled
- Orange and lime slices, for garnish

Put cherry juice blend and frozen cherries in electric blender container, puree until smooth. Add lemonade concentrate and ice cubes; blend until smooth. Pour mixture into a 2-quart pitcher. Stir in lemon-lime carbonated beverage. Garnish with orange and lime slices. Serve immediately. Makes 6 (8-ounce) servings.

Queen of Hearts

Cherries won the hearts of Americans long ago. European settlers had hardly stepped on the soil of the New World before they began planting tart cherry trees, especially in the Great Lakes area. Commercial tart cherry orchards were planted in the late 1800s.

Tart cherries are sometimes called "pie" cherries or sour cherries. That's because they are excellent for pies and other desserts. They have a natural bright red color and tangy flavor. The major variety of tart cherry grown in the United States is the Montmorency. The peak of the tart cherry harvest is the middle of July.

1-2-Freeze

Both tart and sweet cherries are easy to freeze.

1. Rinse and drain cherries thoroughly. For cherries that you plan to use in pies or other recipes, it is best to pit them before freezing.
2. Pack cherries in useable quantities in freezer-proof containers or plastic freezer bags.
3. Freeze. These frozen cherries will maintain their color and flavor for up to one year.

Try Dry

Dried tart cherries are great for snacks or in a variety of recipes. Their tangy flavor makes them a tasty treat that everyone loves. Dried tart cherries are relatively new and are available at gourmet and specialty stores and selected supermarkets. Here are a few ideas for using them. Let your imagination be your guide.

- Cereal becomes a breakfast treat with the addition of dried tart cherries. They are especially good in oatmeal.
- Dried tart cherries are delicious in meat sauces. Serve over poultry, pork or wild game.
- Your kids will rave about pancakes if you add a few dried cherries to the batter.
- Give trail mixes new flavor with the addition of dried tart cherries. A combination of cherries, banana chips, chocolate chips and peanuts is particularly good.
- As a party treat, combine dried cherries with cashews, smoked almonds or mixed nuts.

JUST BY WRITING

The Cherry Marketing Institute is a national promotion organization for tart cherries and maraschino cherries. For more recipes or usage ideas, write

CMI, P.O. Box 30285, Dept. FF
Lansing, MI 48909-7785, or visit
the Web site at www.cherrymkt.org

The Northwest Cherry Growers is a national promotion organization for fresh sweet cherries. For more information, contact Northwest Cherry Growers at

105 S. 18th St., Suite 205
Yakima, WA 98901-2149, or visit
the Web site at www.nwcherries.com