



Red, White, and Blue Salad

Source: Northwest Cherry Growers
(<https://www.nwcherries.com/recipes>)

Servings

6

Ingredients

Base

- 1 1/2 cups Fresh sweet cherries, *pitted*
- 1 1/2 cups Rainier cherries, *pitted*
- 1 1/2 cups White peach, *large, pitted, and cubed*
- 1 1/2 cups Fresh blueberries

Minted Honey Lemon Dressing

- 3 Tbsp Fresh lemon juice
- 1 1/2 Tbsp Honey
- 1 1/2 Tbsp Olive oil
- 1 Tbsp Fresh mint, chopped
- 1/4 tsp Salt

Preparation

1. Toss cherries, peaches, and blueberries in a bowl.
2. In a separate bowl, combine lemon dressing ingredients (lemon, honey, olive oil, mint, salt) and whisk well.
3. Drizzle dressing over fruit and toss gently.
4. Serve Immediately.

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:
mtharvestofthemonth.org



Red, White, and Blue Salad

Source: Northwest Cherry Growers
(<https://www.nwcherries.com/recipes>)

Servings

6

Ingredients

Base

- 1 1/2 cups Fresh sweet cherries, *pitted*
- 1 1/2 cups Rainier cherries, *pitted*
- 1 1/2 cups White peach, *large, pitted, and cubed*
- 1 1/2 cups Fresh blueberries

Minted Honey Lemon Dressing

- 3 Tbsp Fresh lemon juice
- 1 1/2 Tbsp Honey
- 1 1/2 Tbsp Olive oil
- 1 Tbsp Fresh mint, chopped
- 1/4 tsp Salt

Preparation

1. Toss cherries, peaches, and blueberries in a bowl.
2. In a separate bowl, combine lemon dressing ingredients (lemon, honey, olive oil, mint, salt) and whisk well.
3. Drizzle dressing over fruit and toss gently.
4. Serve Immediately.

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:
mtharvestofthemonth.org



Harvest of the Month
MONTANA



Cherries

Harvest of the Month
MONTANA



Cherries