**Montana Harvest of the Month logo**

Newsletter + Social Media Content

Cherries

Instructions

Please adapt and use the verbiage, logos, and images included below for your newsletter, staff announcements, menus, social media posts, etc. To use the verbiage below, please copy and paste the desired language into your document or social media platform. Be sure to add your site-specific information in the sections with {brackets}. The Montana Harvest of the Month logos and illustrations are included for your use as well. For more information, additional guides and resources, or to download logos and illustrations visit [https://mtharvestofthemonth.org.](https://mtharvestofthemonth.org/) Registered sites can download all materials on the Harvest of the Month Online Portal.

Announcement/Newsletter Verbiage

**August Harvest of the Month: Cherries**

This month’s Harvest of the Month is the quintessential sign of summer: cherries! There are over 1,000 varieties of cherries being grown in the United States. There are two main types grown commercially, “sweet” and “tart”. Sweet cherries, as the name suggests, are sweeter than tart cherries and are also larger. They are typically eaten fresh. Most of the sweet cherries grown in Montana are grown on the east side of Flathead Lake in western Montana, where the climate is protected from extreme winter temperatures and spring frosts. “Flathead Cherries” are not a variety of cherry, but the name refers to all sweet cherries grown in that region. Tart cherries, also called “sour” or “pie” cherries, are smaller, more tart tasting, and are typically used in baked goods. Chokecherries are a shrub-like member of the cherry family that are native to Montana and most of the United States and Canada. Native Americans have traditionally eaten the fruit and used other parts of the plant for medicinal uses.

Cherries are a tasty and healthy treat! All types of cherries are a good source of vitamin C. Vitamin C helps build a strong immune system for fighting off disease and infection. They can be enjoyed many ways including fresh, in baked goods, roasted, and dried. Consider making a salsa with pitted and chopped cherries for extra flavor and color! Cherries are an excellent addition to smoothies and salads.

This month, cherries from {INSERT TOWN OR FARM HERE IF MONTANA/LOCALLY GROWN} will be featured for {INSERT MEAL} on {INSERT DAY}! Students can vote if they “Tried it, Liked it, or Loved it” after trying the Harvest of the Month item in the {INSERT LOCATION OF VOTING, *remove this section if you are not conducting a voting or a taste-test*}*.*

Social Media Posts

**Suggestions for Social Media Posts: Cherries**

Delicious cherries are this month’s Montana Harvest of the Month! There are two main types grown commercially, “sweet” and “tart”. Sweet cherries, as the name suggests, are sweeter than tart cherries, and are also larger. They are typically eaten fresh. Tart cherries, also called “sour” or “pie” cherries, are smaller, more tart tasting, and are typically used in baked goods. Learn more and get cooking tips at: <https://bit.ly/2LPjVSz>.  #MTHarvestoftheMonth

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Chokecherries are a shrub-like member of the cherry family that are native to Montana most of the United States and Canada. Native Americans have traditionally eaten the fruit and used other parts of the plant for medicinal uses. Crushed chokecherries are one of the ingredients in pemmican, a traditional food that also includes dried game meat, bone marrow, or lard. This high energy food can be stored to be eaten later, such as during the winter. Chokecherries can also be used to make jelly, syrups, and sauces! Cherries are this month’s #MTHarvestoftheMonth. Learn more at: <https://bit.ly/2LPjVSz>

Loaded with flavor and nutrients, such as vitamin C, cherries are an excellent snack or addition to many different meals. Add fresh or dried pitted cherries to cereal, oatmeal, or yogurt for a delicious breakfast or season and roast pitted cherries to add to a grilled pork chop! There are many ways to enjoy cherries, this month’s #MTHarvestoftheMonth! Learn more and get cooking tips at: <https://bit.ly/2LPjVSz>

Logos and Illustrations

A cherry tree in bloom
The logos and illustrations included below are also available for registered sites to download on the Harvest of the Month Online Portal. To use the images from this document, copy and paste the images from this document to your document.







*Updated May 19, 2021*

The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [https://mtharvestofthemonth.org.](https://mtharvestofthemonth.org/)

Funds were provided in part by USDA Team Nutrition Training grants, USDA funds, USDA Farm to School grants, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana School Nutrition Association, Montana Department of Agriculture Specialty Crop Block Grant, Montana Grains Foundation, Dairy MAX, Montana Pulse Crop Committee, Montana Wheat and Barley Committee. This institution is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach.



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