



## Keep your summer glow this winter with cherries

Healthy and delicious sweet cherries can help beat the winter blues by keeping you feeling great inside and out

Summertime's bounty of fresh, dark sweet cherries promoted a healthy glow, and now that winter is here, it's time to break into reserves to keep that glow from following suit. Dried, frozen and canned cherries are available year-round, enabling consumers to keep tapping into the fruit's many nutritive benefits for a glow up during the holidays and beyond.

Wintertime means traditions, festivities and snowy adventures, but this time of year can take its toll. The holiday circuit may mean less sleep, more stress and a richer diet. Plus, fewer daylight hours can zap energy levels, and cold weather can do a number on skin. Fortunately, preserved dark sweet cherries are a flavorful aid in maintaining good health.



### Rest easier

Sweet cherries are a natural source of serotonin, melatonin and tryptophan. Studies suggest that these compounds can improve the quantity and quality of sleep, which gives the body time to repair and restore itself. Consuming a serving of cherries, about half a cup dried, an hour before bedtime can help stabilize and regulate sleep.



### Lower stress

Along with helping sleep patterns, serotonin may help lower stress and improve mood. On a cellular level, cherry phenolics also work as antioxidants to offer some protection against oxidative stress. A cup of frozen cherries blended into a breakfast smoothie can help start the day right.



### Support gut health

A recent study suggests that the phenolics and anthocyanins in dark sweet cherries may have a beneficial effect on the gut microbiome. The compounds appear to keep in check certain bacteria linked to inflammation, preventing one type from proliferating and reducing the presence of another.



### Replenish energy

With a lower glycemic index than most other fruits, dark sweet cherries help blood sugar stay level, and their fiber content helps the body feel full longer. Combined with heart-healthy nuts, dried sweet cherries make a perfect grab-and-go snack with staying power.



### Nourish skin

Dark sweet cherries are rich in antioxidants, which can give winter skin a boost. Antioxidants help stabilize free radicals and avoid oxidative stress, which can age skin. Sweet cherries also contain vitamin C, which has a role in collagen production and in maintaining a healthy complexion.

It's easy to work dark sweet cherries into a dinner menu or a prepared dish to share. Northwest Cherries offers recipes that are simple and flavorful while injecting a dose of good health to keep the good cheer going.

## Cherry Cranberry Sauce



### Ingredients

- 1 lb. sweet cherries (fresh, frozen or dried)
- 1 lb. cranberries (fresh or dried)
- 1/4 cup water

### Instructions

In a medium-sized, heavy-bottomed pot, combine the water and cranberries. Bring to simmering, stirring occasionally at first and more frequently as the sauce begins to form. Add sweet cherries, and continue stirring. If using dried fruit or if the sauce thickens more than desired, slowly add water or another flavoring-enhancing liquid, such as pomegranate juice, 2 tablespoons at a time. Stir and recheck before adding more liquid. Once the sauce has reduced to nearly the desired consistency, remove from the heat and incorporate any other flavorings if desired (such as four 2-inch peels of fresh ginger, 3 tbsp. citrus zest, coarsely ground black pepper, fresh herbs, or other flavors from a menu). Allow to cool completely, uncovered. Refrigerate in an airtight container for up to two weeks.

### Ingredients

- 1/2 lb. green beans, washed and trimmed
- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 1 tsp. salt
- 1/2 cup dried cherries, roughly chopped
- 1/4 cup walnuts, chopped
- 1/4 cup crumbled feta cheese

### Instructions

Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil. In a medium bowl, add the green beans, olive oil, balsamic vinegar, salt, dried cherries and walnuts. Mix to combine until the green beans are coated. Transfer the mixture to the prepared baking sheet. Roast 15-20 minutes. Cool 10 minutes and top with crumbled feta cheese before serving.

## Roasted Brussels Sprouts With Dried Cherries

4 servings



### Ingredients

- 1 lb. Brussels sprouts, washed and cut in half
- 4 tbsp. olive oil
- 3 tbsp. apple cider vinegar
- 1 tbsp. brown sugar
- 2 tsp. salt
- 1/2 cup dried cherries, roughly chopped
- 1/4 cup sliced almonds

### Instructions

Preheat oven to 425 degrees. Line a baking sheet with aluminum foil. In a small bowl, whisk the olive oil, apple cider vinegar, brown sugar and salt. In a medium bowl, add the Brussels sprouts, dried cherries and sliced almonds. Stir in half the olive oil mixture, reserving the rest. Transfer the Brussels sprouts to the prepared baking sheet. Roast 20-25 minutes. Cool 10 minutes. Drizzle with remaining olive oil mixture before serving.



More recipes, from salads and entrees to desserts and drinks, can be found at [nwcherries.com/recipe](https://nwcherries.com/recipe)

## Shining a light on the health benefits of cherries



**“Gut health is critically linked to many health conditions, even if the localization is not gut-related. I incorporate Northwest-grown sweet cherries into my everyday diet when I can, as studies suggest they reduce intestinal inflammation and promote the growth and sustenance of a healthy gut ecosystem, which inevitably leads to overall health!”**

Dr. Giuliana Noratto

### Meet Dr. Giuliana Noratto

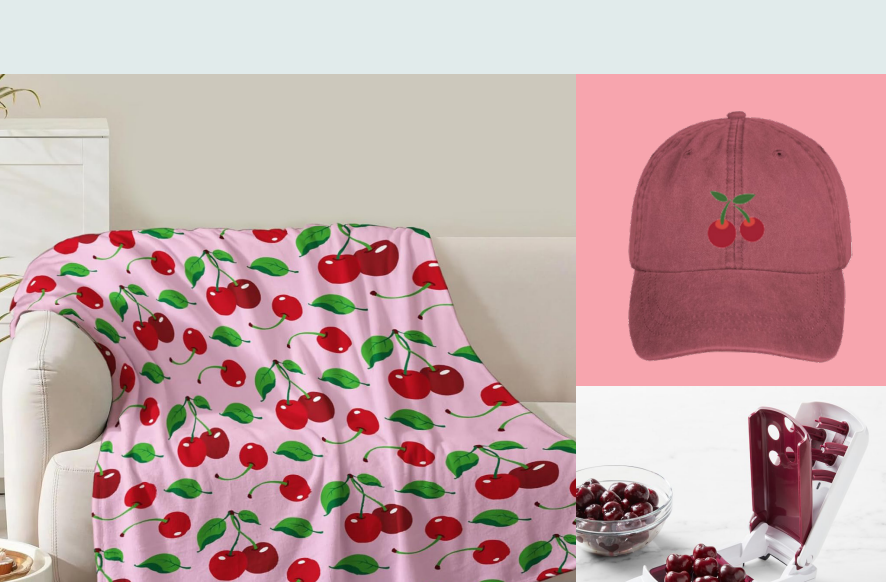
Dr. Giuliana Noratto is a research scientist at Texas A&M University, where her studies include how bioactive compounds in botanicals can help prevent or mitigate obesity-related chronic diseases, such as diabetes, cancer and cardiovascular disease. Her work seeks to integrate microbiome, metabolomics and proteomics analyses to explore how dietary interventions influence biological mechanisms — and to what extent certain biomarkers of disease are affected.

With funding support from Northwest Cherry Growers, Dr. Noratto has shed light on the benefits of cherry bioactive compounds in various scientific peer-reviewed publications. Much of her work focuses on how polyphenols and anthocyanins from dark sweet cherries can modulate intestinal bacteria to shift the physiology of the gut microbiome, which may help delay or prevent the onset of disease. In a recent study, Dr. Noratto was part of a research team that uncovered that dark sweet cherries appeared to prevent the rise of a certain type of bacteria that promotes inflammation while reducing the prevalence of another bacteria linked to intestinal inflammation.

“Gut health is critically linked to many health conditions, even if the localization is not gut-related,” says Dr. Noratto. “I incorporate Northwest-grown sweet cherries into my everyday diet when I can, as studies suggest they reduce intestinal inflammation and promote the growth and sustenance of a healthy gut ecosystem, which inevitably leads to overall health!”

In addition to her important work in gut health, Dr. Noratto has conducted compelling research in the area of breast cancer. A study published in 2024 found that the bioactive compounds of dark sweet cherries not only may slow tumor growth, but they may also enhance the cancer-fighting capabilities of a type of chemotherapy drug called doxorubicin. Further, the incorporation of dark sweet cherries seemed to help avoid the detrimental drug side effect of weight loss.

Dr. Noratto continues to explore the nutritive power of dark sweet cherries, and more information about health benefits and the latest research can be found at [www.nwcherries.com/health](https://www.nwcherries.com/health).



## Keep cozy all year round with cherries!

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