



CHEERS TO CHERRIES

'TIS THE SEASON FOR SWEET CELEBRATIONS

FUN, FESTIVE CHERRY RECIPES FUEL HEALTHIER HOLIDAYS

Holiday celebrations are just around the corner, and before the season kicks into high gear, make a plan to bring sweet cherry moments to the table. Tap the flavor and wellness benefits preserved in frozen, canned and dried sweet cherries to add festive pops of ruby red plus wholesome nutrition to every feast.

SWEET CHERRY RECIPES: NEW FAVORITES FOR HEALTHY HOLIDAYS

[Click for the full recipes](#)



EASY BUTTERNUT SQUASH AND CHERRIES

Simple but incredibly delicious sides are on the menu for the holidays, and this **butternut squash and cherries dish** fits the bill. A quick mixture of cubed squash, dried cherries, and chopped hazelnuts is the ideal blend of comforting, hearty flavors. Enhance it further with just a touch of maple syrup, and finish the dish with crumbled feta right before serving. Everyone around the table will be asking for a second helping.

While the **combination of cranberry and orange** may steal the show during the holiday season, we're switching things up. Dried cherries are the ideal swap to incorporate into a buttery shortbread cookie that melts in your mouth. Enjoy the cookies as is, or dress them up further with an orange cream frosting. They're the perfect addition to a holiday cookie menu, whether you're putting together a platter for a party, bringing a treat to a cookie swap, or prepping holiday cookie boxes as gifts.



CHERRY ORANGE COOKIES

HEALTH BENEFITS

Good things come in small packages, and sweet cherries certainly deliver. The holiday season often brings a full calendar and rich foods, but this superfruit is loaded with nutritive compounds that help power through. With sweet taste and sweeter health benefits, preserved sweet cherries can help support better sleep, fight inflammation and much more.



Draw on nature's little sleep aides: One of the few plant sources of melatonin, sweet cherries also contain tryptophan and serotonin. These three compounds interact with cherry phenolics to support restful sleep, enhance circadian rhythm and improve sleep duration. Snack on dried sweet cherries about an hour before bed for a more restful night.



Boost the body's defenses: Sweet cherries are packed with powerful antioxidants — including phenolic acids, vitamin C and carotenoids — all working to reduce cell-damaging oxidative stress. Add dried cherries to overnight oats or start the morning tossing frozen cherries into a smoothie for a boost to the day!



November is Diabetes Awareness Month: Savor sweets without a spike! Sweet cherries boast a lower glycemic index than any other fruit. They release glucose slowly and evenly, so blood sugar levels stay steady longer. Their fiber content also helps blood sugar levels by improving insulin response. Pack dried sweet cherries trail mix for a sweetly satisfying snack to enjoy on-the-go!

"Sweet cherries provide a satisfying source of natural sweetness, along with 3.2 grams of fiber per cup — which can also help slow the digestion of carbohydrates and support more stable blood sugar levels. Their combination of fiber antioxidants and naturally occurring sugars makes them a smart choice when you're craving something sweet."

- Jaclyn London, RD

KNOW YOUR GROWER

This summer, we shipped **23.6 million boxes** of sweet cherries worldwide, making 2025 one of our busiest years yet! Our hardworking growers, packers and partners who make cherry season happen are taking a well-earned break before preparing for the 2026 season.

Q. Do you have a tradition or rituals for the cherry season?

A. "My husband and I always pray for a good season and my husband always talks to the trees to give him good fruit. It's crazy, but they seem to listen — he swears by it."

— Lorena Cornejo, L&D Orchards

Q. What do you find most rewarding about growing cherries?

A. "My family has been farming in the valley and basin for five generations. I love the history and look forward to the future of farming. Knowing I'm growing something that so many will enjoy is very rewarding."

— Candice Lyall-Cawdery, Lyall Farm

A. "I drive 400 miles a day taking 100 calls to decide the harvest schedule for each variety and farm. I love growing cherries for the challenges and the science behind the fruit."

— Dwayne Nunley, River Calley Fruit LLC

Share all the creative ways sweet cherries make it into your recipes!

Tag us and use

#SweetCherryMoments

to be featured on our social media!

