



DOMEX  
superfresh™  
growers

# Cherries

## Freezing Superfresh Growers Sweet Cherries

Yield: 3 - 5 pounds

3 to 5 pounds of Superfresh Growers cherries

Work with small amounts (3 to 5 pounds) of Superfresh Growers fresh sweet cherries to allow for quick handling and freezing.

Rinse and drain cherries thoroughly. Pack according to preferred method and freeze immediately.

### Method 1

Whole with stems: Spread cherries with stems intact in a single layer on a baking sheet. Freeze until firm. Pack into freezer-proof containers or plastic freezer bags; remove excess air, cover or fasten tightly and freeze.

### Method 2

Dry Sugar Pack: Add 1/3 cup sugar for each pint of pitted or unpitted fresh sweet cherries; toss lightly to coat cherries. Fill freezer containers or bags; shake to pack fruit. Add more cherries to fill containers or bags. Cover tightly and freeze.

Thanks to the NW Cherries for providing these great recipes, [www.nwcherries.com](http://www.nwcherries.com).