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## Cherry Ginger Chutney

Cherry Season Is Short. Savor the Moment. Each Bite a Memory!

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

Living in Montana, we wait all year for Flathead cherry season. Throughout the state, Flathead cherries reign supreme. Memories are made from eating these luscious, large, dark, firm, meaty, juicy, and sweet-with-a-touch-of-tart cherries. You definitely can't—nor would you want to—eat just one.

Although dark, sweet cherries from Washington have begun appearing in our local markets, we'll begin seeing Flathead cherries a little later than usual this year, in late July.

### HEALTHY & DELICIOUS DARK CHERRIES

- ♥ Dark, sweet cherries get their beautiful deep, deep color from their unique set of antioxidant flavonoids, anthocyanin glycosides. In a 2010 study, anthocyanins were shown to have both anti-inflammatory and anticarcinogenic properties.
- ♥ They also contain melatonin which has a relaxing impact on the nervous system, and is known to help with sleep disorders and headaches.
- ♥ Sweet cherries are high in fiber, helping us feel satiated and improving digestion.
- ♥ A natural antioxidant, vitamin C, is present in dark, sweet cherries. Vitamin C helps maintain healthy skin, tendons, ligaments, blood vessels and cartilage. It also helps to heal wounds and maintain strong bones and teeth.
- ♥ Other research has uncovered a helpful connection between eating dark, sweet cherries and avoiding Alzheimer's.



### A LUG OF CHERRIES

My husband loves these cherries. On a trip with a friend to Flathead Lake, he asked me to bring home



a lug of cherries (25 pounds). So, I did. From an orchard just south of Polson, I found the huge, ripe, dark, sweet cherries of my dreams. My husband was thrilled with his bounty.

When he wasn't home, I removed a few pounds of the cherries. I wanted to replace rhubarb in a favorite chutney recipe. It took a number of pounds of those cherries and a few tries and tweaks to refine the recipe before it was delicious enough to share it with you. Now you, too, can enjoy deeply colored, richly flavored, and sweet-with-a-touch-of-tart *Cherry Ginger Chutney*.

### "LIFE IS JUST A BOWL OF CHERRIES!"

Perhaps lyricist Lew Brown was enjoying a bowl of dark, sweet cherries when he wrote this song about life. The lyrics suggest that we savor the sweetness of each moment and live life to its fullest.

Whether you eat a bowlful of dark, sweet Flathead cherries, or a bit of sweet and tangy *Cherry Ginger Chutney* spooned over a slather of soft goat cheese on a piece of your favorite toast or cracker, savor the moment. Cherry season is short. Each bite a memory.

*Recipe on next page...*



Dark,  
Sweet  
Flathead  
Cherries

## Cherry Ginger Chutney

Sweet and tangy, complex flavored *Cherry Ginger Chutney* lets you savor cherry season for months after you've eaten your last fresh cherry. As this is a chutney, do let it sit for a few days to a week in the fridge before enjoying it. This allows time for the mellowing of vinegar's acidity. Thank you to the Canal House ladies for inspiring this recipe.

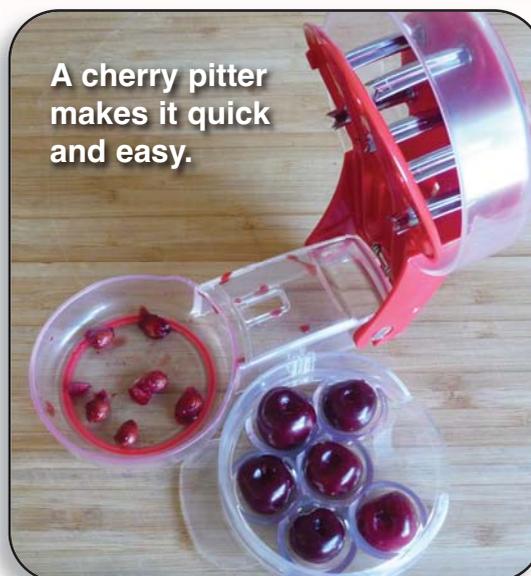
*Makes just over 2 cups*

*Total time: 1 hour*

*(The actual time depends on how long it takes you to pit the cherries.)*

### INGREDIENTS

- 4 cups pitted dark, sweet cherries (about 1 1/3 pounds with pits)
- 1/3 cup light, local honey
- 1/3 cup dried cranberries
- 1/3 cup plus 2 teaspoons red wine vinegar
- 2 tablespoons balsamic vinegar
- 1/4 cup minced crystallized ginger
- 1 tablespoon drained capers
- Large pinch red pepper flakes
- 2 twists freshly ground pepper



A cherry pitter makes it quick and easy.



Cooking Cherry  
Ginger Chutney

### DIRECTIONS

1. Pit and halve the cherries.
2. Add the cherries to a medium sauté pan along with all the remaining ingredients.
3. Cook over medium heat, stirring occasionally, for 20 minutes.
4. Remove from the heat and transfer to storage jars. *Cherry Ginger Chutney* keeps refrigerated for a couple of months, or frozen for up to a year.
5. To mellow the sharpness of the vinegar, let *Cherry Ginger Chutney* sit for a few days to a week in the refrigerator before enjoying it as a topping, spread, sauce or condiment. ■

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with Nancy Ruby & Janice Haugen

ACTIVITIES INCLUDE: Full-Spectrum Yoga, Mindful Meditation, Wellness Presentations, Field Trips, Arts & Crafts, Forest Bathing, Community Connection, Fun & Laughter

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