

# Cherries and Berries in Winter—Oh My!

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(NAPSA)—When the gray skies of winter surround us, what a delightful treat it is to see blueberries, raspberries and cherries



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gracing our super-market produce departments. Thanks to the perfect growing conditions in Chile and the careful attention of dedicated growers, we

reap the benefits of having opposite seasons to Chile. So, when it's cloudy and cold here, it's sunny and warm there.

Blueberries, raspberries and cherries are universally enjoyed for their sweet, juicy flavor, their brilliant color and their amazing versatility. Stir blueberries or raspberries into your oatmeal, savor a bag of cherries for an afternoon snack, and surprise your weekend dinner guests with a fresh fruit tart! From snacking, to casual lunches, to elegant dinner parties, berries and cherries from Chile are at home in America during the long winter months. These fresh fruits deliver taste, nutritional value (they're good sources of dietary fiber and vitamin C) and quality that's hard to match. Keep your cherries refrigerated until ready to eat and don't wash your berries until ready to serve.

Look for creative ways to incorporate more fruits and vegetables into your diet throughout the day and throughout the year. For example, make Berry and Cherry Mustarda, a sweet, slightly tart, spicy fresh fruit side dish, and serve it alongside grilled or roasted turkey breast or on lean meat sandwiches. Colorful fruits and vegetables not only taste great, they contain hundreds of phytochemicals, natural plant compounds that scientists believe may provide a wide range of potential health benefits in the areas of cancer, anti-aging, heart disease, eyesight, and more. So, as you try to live a healthy lifestyle, exercise and think color. Choose 5 to 9 servings of colorful fruits and



**Use Berry and Cherry Mustarda as a condiment for roasted meats.**

vegetables every day from the five color groups—blue/purple, green, white, yellow/orange and red. For more information about fresh fruits from Chile, visit [www.cffa.org](http://www.cffa.org) and for more information about 5 A Day The Color Way, visit [www.5aday.org](http://www.5aday.org) and [www.aboutproduce.com](http://www.aboutproduce.com). Remember, eat your colors every day!

## Berry and Cherry Mustarda

- 1 cup red wine vinegar**
- 1 cup hearty, dry red wine, such as Zinfandel, or cranberry juice**
- 1 cup sugar**
- $\frac{1}{8}$  teaspoon red pepper flakes**
- 1 tablespoon toasted mustard seeds**
- 2 strips of lemon peel (2 inches by  $\frac{1}{4}$  inch)**
- 1 stick of cinnamon**
- 3 pints of mixed Chilean raspberries, blueberries, and cherries**

**Mix all ingredients except fruit in a saucepan and bring to a boil. Remove from heat. Add berries and cherries. Simmer 30 minutes, cover and refrigerate overnight. Makes about nine  $\frac{1}{3}$  cup servings.**

**Nutritional information per serving: calories: 163, total fat: 0.7g, saturated fat: 0.1g, % calories from fat: 3.8%, protein: 1g, carbohydrates: 37g, cholesterol: 0mg, dietary fiber: 4g, sodium: 4mg.**