

Prunus Avium

CILIEGIO – CHERRY TREE – CERISIER – KIRSCH

CEREZO – ВИШНЕВЫЙ – チェリー – 櫻桃 – زركلا

HISTORICAL BACKGROUND:

The cherry tree, also called the bird cherry or wild cherry, is a tree belonging to the Rosaceae family. It grows in Europe and in some cold, mountainous areas of Asia Minor.

In Italy, it also grows on high lands and in mountainous areas, sometimes as high up as the limit for deciduous trees.

It is resistant to cold temperatures.

The name “cerasa” which is used in several regional Italian dialects, as well as in Portuguese, French, Spanish and English, derives from the Greek word kērasos. The city Cerasonte (Giresun) in Pontus (Turkey) was named after the tree, from where, according to Roman author Pliny the Elder, Lucius Licinius Lucullus imported the first cherry trees to Rome in 72 BC. For the Catholic Church, Saint Gerardo dei Tintori is the patron saint of cherries.

PRODUCT DESCRIPTION:

- *FAMILY: Rosaceae*
- *MINIMUM TEMPERATURE: - 35°/40°*
- *MAXIMUM HEIGHT: 10/12 mt*
- *BLOOM: Spring*
- *FLOWER COLOR: White*
- *PRUNING: February*
- *SOIL: Well drained and rich in organic matter.*

CHERRY VARIETY:

- *BIG LORY:*

Fruits with bright red skin and red flesh. Medium to hard flesh.

Harvest: Early June

- *BIG.BURLAT:*

Medium-size fruits with dark-red skin and red flesh.

Harvest: Late May

- *BIG.MOREAU:*

Fruits with bright red skin and red flesh. Medium to hard flesh.

Harvest: Late May

- *BIG. NAPOLEON:*

Very large fruits, reddish-yellow skin. Firm, white flesh with sweet, crisp taste.

Harvest: Late June

- *BING:*

Large, dark-red fruit.

Harvest: Late June

- *CELESTE:*

Self-fertile, bright red fruit with red flesh.

Harvest: Mid July

- *DURONE DI CESENA:*

Large, dark-red fruits.

Harvest: Mid June

- *DURONE DI VIGNOLA:*

Dark red to black fruit.

Harvest: *Mid June*

- *EARLY RIVERS:*

Large, dark, red-black fruit with excellent taste.

Harvest: *Early July*

- *FERROVIA:*

Large, bright red, heart-shaped fruits. Pink flesh. Crisp consistency.

Harvest: *Late June*

- *GIORGIA:*

Large, dark-red fruits.

Harvest: *Early June*

- *GUINDO:*

Large burgundy-red fruits, vigorous growth.

Harvest: *June*

- *HEDELFINGER:*

Self-fertile. Large dark red fruit, sweet tasting.

Harvest: *Late June / Early July*

- *KORDIA:*

Medium-large fruits, dark-red skin.

Harvest: *Early June*

- *LAPINS:*

Self-fertile, large, dark-red fruits.

Harvest: Mid / Late June

- *MONTMORENCY:*

Medium-size, light-red fruits.

Harvest: Late June

- *CASSANO MORA:*

Medium- large, dark-red fruits.

Harvest: Mid June

- *NEW STAR:*

Self-fertile. Large, dark-red fruits with firm deep red flesh.

Harvest: Late May / Early June

- *PICOTA:*

Large, dark-red fruits, referred to as stalkless as they naturally separate from their stalks when picked.

Harvest: Mid June

- *REVERCHON:*

Medium-large, red fruits with brown flashes. Crisp flesh. Sweet and sour, fragrant taste.

Harvest: Late June / Early July

- *RHEINISCHE SCHATTEN:*

Medium-size, red fruits.

Harvest: Late July

- *SCHNEIDERS SPÄTE KNORPELKIRSCH*:
Large, dark burgundy-red fruits. Flavoursome and sweet.
Harvest: *Mid July*

- *STELLA*:
Self-fertile. Large dark red fruits.
Harvest: *Mid June*

- *SUNBURST*:
Large, orange-red fruits.
Harvest: *Mid June*

- *SWEET HEART*:
Self-fertile. Medium-large, dark-red fruits with firm pink flesh.
Harvest: *Early July*

- *UDENSE SPAANSE*:
Large, dark-red fruits.
Harvest: *Early / Mid July*

- *BIG. VAN*:
Medium-large, red fruits..
Harvest: *Late June / Early July*

- *VARISKE ZWARTE*:
Black, round fruits. Flavoursome, juicy flesh.
Harvest: *Mid July*

- *VISCIOLA*:
Medium-small, reddish-black fruits..
Harvest: *Late June*

BLOSSOM:

At the beginning spring, the cherry tree produces beautiful white blossom and new leaves.

Cherry blossom has a pleasant fragrance and is particularly popular with bees.



*TRAINING
AND ORNAMENTAL USES:*



*HALF - STANDARD TREE:
Half-standard tree for the home
orchard.*



*STANDARD TREE:
Suitable for parks and tree-lined
avenues or roads in the country.*



*DWARF TREE:
Suitable for terraces, balconies
or small gardens.*

*FORME DI ALLEVAMENTO
ED UTILIZZO ORNAMENTALE:*



*DOUBLE U CORDONS:
Plants suitable for terraces,
balconies or small gardens.*



*ESPALIER:
An attractive way to delimit areas of your garden, orchard
or garden paths.
A border of flower or herbs can be grown at its base.*

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in 30cm wide, 15 litre pot. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the backsoil that has previously been removed. This should be broken down, crumbled and mixed with 20-30% compost.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 meter, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
THREE-YEAR-OLD FRUIT TREES
IN A 15 LITRE VASE*



HEALTH BENEFITS:

Cherries are rich in vitamin A and C and are good for your sight and help the functioning of the immune system.

Cherries contain vitamin K, which plays an important role in blood clotting. They also have a low glycemic index and provide a basal energy intake. The presence of malic acid helps with the digestion of sugars and the correct working of the liver.

Cherries also contain sorbitol, a sugar substitute that has diuretic and laxative properties. It also helps the liver function correctly.

They contain folic acid, calcium, potassium, magnesium, phosphorus and flavonoids, important substances in the fight against free radicals. Cherries are purifying, detoxifying, diuretic, antirheumatic and also help to prevent many diseases such as atherosclerosis, kidney dysfunction and cellular aging.

The stems of cherries have healing properties too: they can be used to make infusions for detoxing and cleansing the kidneys and soothing cystitis.

Cherries are not only good for your health but also for your beauty. Thanks to the presence of carotenes and minerals, they help protect your skin from the sun and give an even, natural tan.

Containing practically no calories, cherries are ideal for diabetics and as part of low-calorie diets.

NUTRITIONAL CHARACTERISTICS:

100g of fresh cherries contain about 63 calories (91.7% carbohydrate, 5.7% protein, 2.7% fat).

Nutritional value per 100g of Cherries

<i>Energy Value (calories)</i>	<i>63</i>	<i>kcal</i>
<i>Protein</i>	<i>1,06</i>	<i>g</i>
<i>Carbohydrates</i>	<i>16,01</i>	<i>g</i>
<i>Suagr</i>	<i>12,82</i>	<i>g</i>
<i>Fat</i>	<i>0,2</i>	<i>g</i>
<i>Saturated fats</i>	<i>0,038</i>	<i>g</i>
<i>Monounsaturated fats</i>	<i>0,047</i>	<i>g</i>
<i>Polyunsaturated fats</i>	<i>0,052</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary fiber</i>	<i>2,1</i>	<i>g</i>
<i>Sodium</i>	<i>0</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

CHERRY JAM:

INGREDIENTS:

- 2 kg cherries
- 750 gr sugar
- 1 lemon



METHOD:

This recipe is a low-sugar version, however, if you prefer a sweeter jam you can add up to the same weight of sugar as cherries.

Wash, pit and halve the cherries.

Place the fruit in a high-sided saucepan. Add the lemon juice and cook slowly for 20 minutes, stirring with a wooden spoon.

Add the sugar and continue to cook, stirring occasionally, squashing and breaking up the cherries with a wooden spoon. Occasionally remove the scum that forms on the surface with the aid of a skimmer. As soon as the cherries are soft, if you want a smooth jam pass the warm fruit through a vegetable mill, sieve or blender. Skip the former step if you prefer jam with pieces of fruit.

Boil the jam stirring frequently until it has thickened and reached setting point. To check if your jam has reached setting point put a teaspoon of jam on a chilled plate and leave it to cool. Push jam with forefinger. If it wrinkles, the jam is ready, if not return to the heat and continue cooking for a further few minutes.

Pour the jam into sterilized jars, close and put to cool upside down in order to create a vacuum.

Once the jam is cold, store in a cool dark place.

CHERRY TART:

GLUTEN-FREE SHORT CRUST PASTRY (see p. 18)

VEGAN RECIPE FOR PASTRY (see p. 19)

RICH SHORT CRUST PASTRY

INGREDIENTS:

- *250 gr plain flour 00*
- *1 whole egg*
- *1 egg yolk*
- *1 teaspoon baking powder*
- *80 gr butter*
- *100 gr sugar*



FOR THE CONFECTIONER`S CUSTARD:

- *4 egg yolks*
- *15 gr flour*
- *15 gr cornstarch*
- *Lemon peel*
- *500 ml milk*
- *100 gr sugar*

FOR THE FILLING:

- *170 gr cherries*
- *Icing sugar*

METHOD:

To make the pastry, place the flour, butter, sugar and baking powder in a food processor and pulse several times until the mixture resembles fine breadcrumbs.

Add the whole egg and the yolk and pulse again rapidly to form a ball. Wrap in cling film and leave to rest in the fridge for at least half an hour.

For the confectioner`s custard, whisk together in a saucepan the egg yolks with the sugar. Gradually stir in the flour and cornstarch mixing well with a wooden spoon.

Add the ribbons of lemon peel (later be removed), and slowly pour hot milk over the egg mixture whisking all the time. Cook the mixture over a gentle heat, stirring continuously until it just comes to the boil and the custard thickens.

Put it in a bowl to cool and cover with cling film to prevent a skin forming.

Halve and pit the cherries. Put them in a bowl and sprinkle with two tablespoons of sugar. Roll out the pastry to about 3 mm thick, and place it in a 24 cm tart tin with a loose bottom.

Remove the excess pastry and prick the base of the pastry case all over with a fork. Line the bottom of the tart tin with damp baking parchment and fill with baking beans or rice.

Bake blind in a preheated oven at 180°C for about 30 minutes, remove the paper and beans or rice, and return to the oven for a further 10 minutes, until the base is crisp and golden brown.

Fill the pastry case with the confectioner`s custard, decorate with the cherries and a dusting of sugar and put back in the oven for a further 5 minutes. Take the tart out of the oven and allow to cool before putting in the fridge. Sprinkle with icing sugar and serve.

CHERRY CAKE:

INGREDIENTS:

- 1 kg pitted cherries
- 3 eggs
- 80g brown sugar
- 80g white sugar
- 70g butter
- 150g plain flour 00
- baking powder
- grated lemon zest



METHOD:

Preheat oven to 180 C, Wash and pit the cherries. Butter a 26 cm cake tin. Beat the eggs, softened butter and sugar until soft and fluffy, fold in the flour, baking powder, lemon zest and finally the cherries.

Pour the mixture into a buttered cake tin. Bake at 180°C for 40 minutes. Turn off the oven, with the door open the slightly. Leave the cake in the oven to cool. Turn out onto a plate and serve.

PRESERVING CHERRIES IN SPIRIT:

INGREDIENTS:

- *1kg cherries*
- *200 g sugar*
- *500 ml of pure alcohol at 95*
- *3 cinnamon sticks (one per jar)*
- *350 ml water*
- *Cloves (optional)*



METHOD:

Wash the cherries remove the stalks and dry thoroughly. Place the water and sugar in a saucepan and boil for a few minutes, until the liquid is clear.

Place the cherries and a cinnamon stick in each jar. Make sure the cherries are packed closely together. The jars should be clean but unlike the jars used for jam making, need not be sterilized, since alcohol will do this for you.

Once the syrup has cooled, add to the alcohol and pour the liquid into the glass jars. Fill the jar to the brim ensuring that all the cherries are completely covered. Close the jars tightly and leave for at least 40 days before using.

GLUTEN-FREE PASTRY:

Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry replaces plain flour with rice and corn flour.

INGREDIENTS:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



METHOD:

Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs. Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and bring together to form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.

Your gluten-free pastry is ready to use!

N.B. You do not need to add any extra flavourings as the flour used will already give the gluten-free pastry a good taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.

VEGAN PASTRY RECIPE:

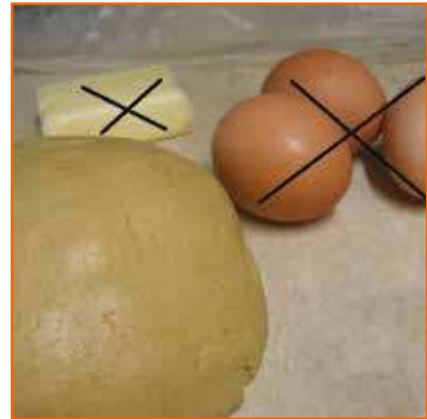
The vegan pastry uses oil instead of butter. It is the perfect base for your sweets and deserts!

This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.

In just a few minutes, you can make this simple and delicious vegan pastry !

INGREDIENTS:

- 130 ml corn oil
- 200 ml salt water
- zest of an organic lemon
- 90 g brown sugar
- 300 g wheat seed flour



PREPARAZIONE:

In large bowl whisk together the corn oil and lightly salted water. Add the grated rind of the lemon, avoiding grating in the pith, which has a slightly bitter taste.

Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.

REFERENCES:

www.wikipedia.org

www.dietabit.it

www.ricettedellanonna.net

www.ricettedalmondo.it

www.leitv.it