

Sweet on stone fruit

Juicy and vibrant, stone fruits are harbingers of sunshine, warmth, and everything summer. Now is the time to make the most of their short—yet oh-so-sweet—season with these recipes featuring cherries, peaches, plums, and more.

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PHOTOS
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SOUR CHERRY

SORBET

recipe on p. 113

ARUGULA SALAD

WITH STONE FRUIT

recipe on p. 113

IN SEASON



*What's
in a name?*

Also known as drupes (in the botanical sense), stone fruits have soft flesh, thin skin, and a large, hard seed in the middle called a stone or pit. Cherries, peaches, plums, apricots, and nectarines are all stone fruits, but so are mangoes, coconuts, dates, and some berries.





in bloom

Plums secrete a (perfectly natural!) silver-gray protective coating called wax bloom. It's safe to eat and doesn't affect the quality of the fruit. In fact, bloom is usually a sign you have a super-fresh plum that hasn't been overhandled.

IN SEASON

PLUM-CHERRY UPSIDE-DOWN CAKE recipe on p. 114



66
Wonderful recipe!
I added pecans for a delicious
crunch. I want to
try it with peaches."
- CHASFIELD

BAKED FRESH

CHERRY PIE

recipe on p. 114



Sweet cherries



Sweet cherries are heart-shaped and range in color from gold to red to purple-black.

They're super versatile: Snack on fresh sweet cherries or use them in sweet or savory recipes.

VARIETIES

Bing, Lambert, Rainier, Royal Ann, Tartarian

**SMASHED PEACH
AND POBLANO**

GRILLED CHEESE

recipe on p. 114



Sour cherries



Sour cherries (aka tart cherries) are smaller, softer, and rounder than sweet cherries and have bright-red skins. Though they're too tart to eat raw, they make a welcome addition to desserts, baked goods, jams, and more.

VARIETIES

Early Richmond, English Morello, Montmorency

**WHIPPED
RICOTTA TOASTS
WITH HONEY
AND SUMMER FRUIT**

recipe on p. 115



GRILLED CHICKEN

**THIGHS WITH
PEACH AND
CHERRY SALSA**

recipe on p. 115



Select & store

In the United States, most stone fruits come into season in May and hit their peak in July or August. For apricots, nectarines, peaches, and plums, look for brightly colored, smooth skin. Store at room temperature 1 to 2 days to ripen. Ripe fruit will smell fragrant and feel slightly soft. Once ripe, stone fruits are best enjoyed (or cooked) right away. Chill whole, ripe, unwashed fruit up to 5 days.

Unlike other stone fruits, cherries are harvested ripe, so look for plump, brightly colored fruit with smooth, shiny skin. Chill whole, unwashed cherries up to 1 week.