



# Cherries





# Cherries

## SHOPPER'S TIPS

- Look for large, plump, and firm cherries with stems still attached. Choose cherries that have shiny skin and a dark color for their variety.
- Avoid cherries that feel soft or have bruised or cracked skin.

## FUN FACTS!

- The average cherry tree has more than 7,000 cherries.
- Cherry pits have been found in ancient European caves, meaning that cherries were around before the Stone Age.

## WHAT IS IN IT FOR YOU?

One cup of pitted sweet cherries is:

- A source of vitamin C, fiber, and potassium.

## SERVING IDEAS

- Eat cold cherries for a light and refreshing summer snack.
- Blend frozen, pitted cherries with nonfat vanilla yogurt for a delicious smoothie.

## PEAK SEASON

California grown varieties, available from late spring to early summer, may be fresher and cost less than varieties shipped from other regions.

## STORAGE

Store rinsed cherries in the refrigerator for up to one week.