



The “Dish” on Cherries

Cherries are emerging as the new “superfruit.” Studies show that tart cherries have just as many antioxidants as you’ll find in blueberries. Research also suggests that cherries may help reduce inflammation and ease the pain of arthritis and gout. What’s more, ongoing studies are exploring the role of cherries in reducing the risk of heart disease, certain cancers, diabetes and insulin resistance syndrome. And don’t think you need to wait until summer to enjoy cherries – dried and frozen cherries and cherry juice will soon be available year round. Read on to learn more surprising facts about this amazing fruit.

- The North American cherries crop yields between 275 and 300 million pounds of tart cherries per year. Ontario is the sole producing province of commercially-grown tart cherries in Canada and the tart cherry crop for the past five years has yielded an average of 10 million pounds.
- Michigan grows the most cherries, producing 70 to 75 per cent of the crop each year. Other states with commercial crops of cherries include Utah, New York, Wisconsin, Washington, Oregon and Pennsylvania.
- There are about 7,000 cherries on an average cherry tree, with each tree capable of producing more than 100 pounds of fruit in a season.
- The #1 tart cherry in Canada and the U.S. is the Montmorency.
- It takes 6 to 8 pounds of cherries to make 1 pound of dried cherries, and there are about 100 cherries in an 8-ounce glass of cherry juice.
- The major forms of tart cherries include dried, frozen and juice. Dried cherries are great for snacks, salads and cereals. Frozen cherries are ideal for baking or making sauces. Cherry juice concentrate and 100 per cent ready-to-drink cherry juice are gaining in popularity as well, particularly among people who find it helps relieve the pain of arthritis and gout.
- You may think of cherries as simply an ingredient for pies, but cherries rank up there with blueberries as one of the most nutritious fruits you can eat – packed with similar amounts of disease-fighting antioxidants.
- Cherries are one of the few known food sources of melatonin – a potent antioxidant that may help improve the body’s natural sleep patterns.
- Cherries contain phytonutrients known as anthocyanins – these plant pigments are responsible for the color of these fruits and have been linked to a variety of health benefits, including protection against heart disease and some cancers.

Visit www.choosecherries.com for more information on the science supporting the unique health benefits of cherries, for cherry recipes and ideas you can enjoy year round and more interesting facts about the new “superfruit.”