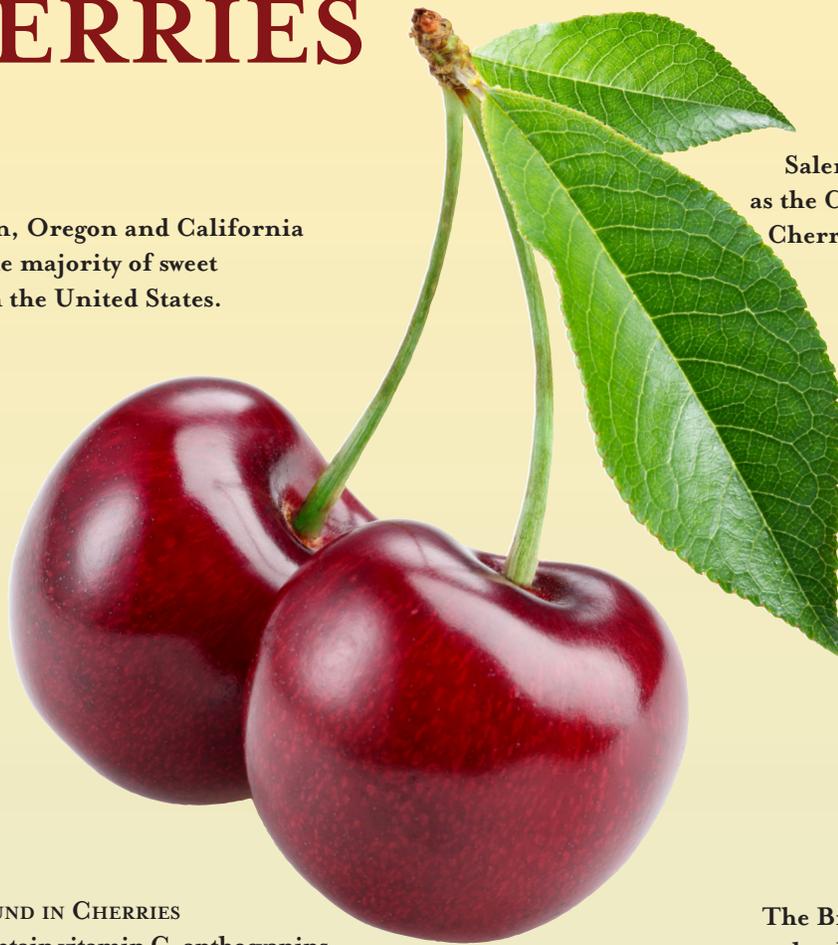


OREGON CHERRIES

Washington, Oregon and California produce the majority of sweet cherries in the United States.

Salem became known as the Cherry City at the Cherry Fair held there in July, 1907.



NUTRIENTS FOUND IN CHERRIES

- ~ Cherries contain vitamin C, anthocyanins and other nutrients that keep you healthy.
- ~ Anthocyanins give red, purple and blue colors to many fruits, vegetables and flowers. They also have important health benefits.
- ~ Cherries are a perfect snack food. Their natural sugars provide quick energy and their fiber makes you feel full.

The Bing cherry variety was developed at the Leweling Nursery in Milwaukie, Oregon, and named in honor of Ah Bing, the Chinese foreman who helped run the nursery.



Oregon sweet cherry season starts the first week in June and goes through mid-August. The harvest time depends on the growing region, the variety and the weather.



Rainier are yellow cherries with a red blush.



Cherry trees are famous worldwide for their beautiful spring blossoms.

