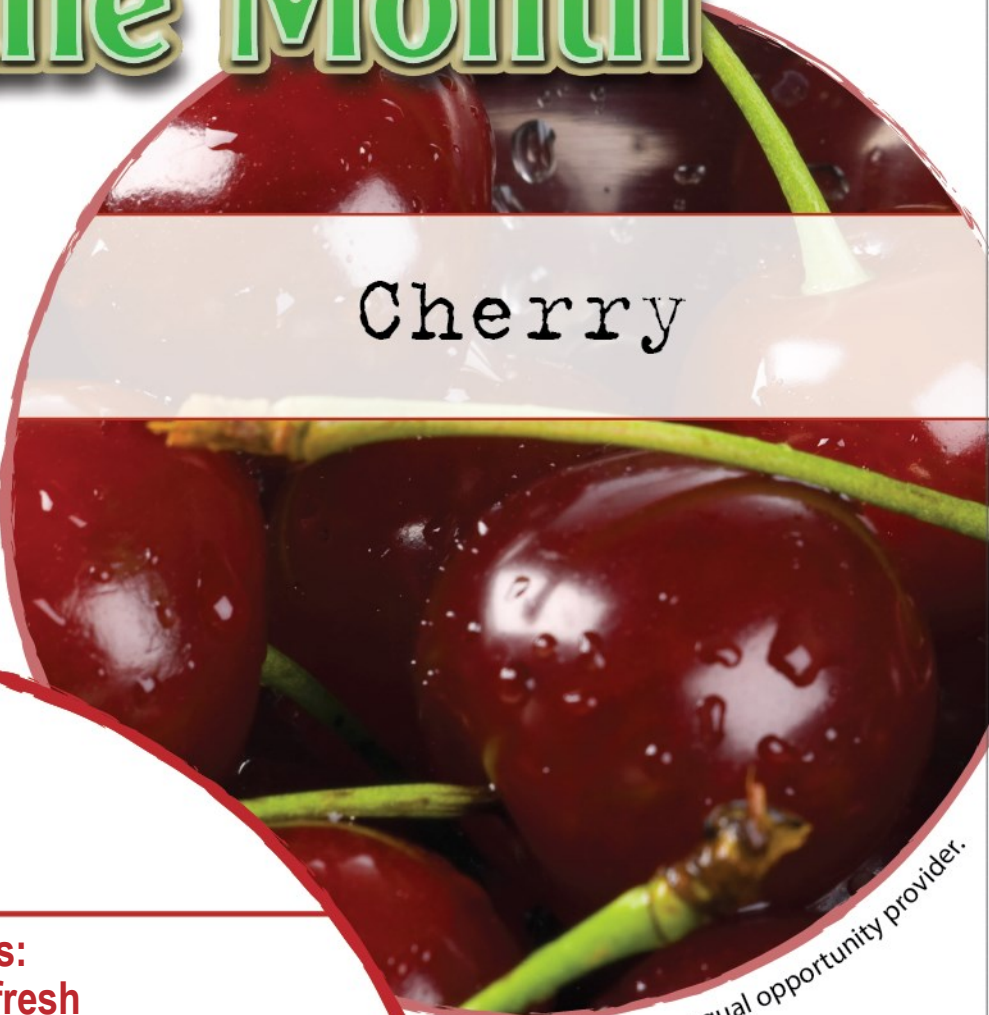


Harvest of the Month



Cherry

Calories

87

Total Fat

0g

1
Cup

Sodium

0mg

Sugars

18g

FUN FACTS:

There are two types of cherries:

- Sweet—most often eaten fresh
- Tart—used in baking; they hold their shape

Full of anti-oxidants, the favorite sweet cherry is the Bing Cherry!

Each tart cherry tree produces about 7,000 cherries. To make one cherry pie, you'll need about 250 cherries. So, you can make 28 pies with the cherries from one tree. Due to mechanical tree shakers, a cherry tree can be harvested in 7 seconds!

This institution is an equal opportunity provider.

