



## Local Food For Schools

# CHERRIES

## Promotional Resources



### Fun facts

- Cherries contain vitamin C, beta-carotene, polyphenols, potassium, manganese, and copper.
- Cherries have anthocyanins which are high in antioxidants.
- Cherries are a source of melatonin.
- Washington is the top sweet cherry producer in the country and second in the world. The majority of Washington's cherries are grown east of the Cascades.
- There are two main types of cherries grown in Washington, sweet and tart.

### Know your farmer

#### Rowley and Hawkins Fruit Farms Connell, WA

Rowley and Hawkins Fruit Farms is a family farm operating since 1980 by many generations of farmers. They center around the idea that they are "growing great fruit to grow great families." Rowley and Hawkins farms nearly 1,000 acres of different varieties of orchards. They grow tart cherries and sweet cherries. They are GAP certified and do everything they can to grow safe healthy food, while protecting their land and the environment. As farmers, they care deeply about the health of their soil. Healthy soil grows healthy trees that produces healthy fruit.



## Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [WSDA – Cherries Harvest Poster](#)
- [WSU – Fresh from the Farm – Cherries Brochure \(Spanish\)](#)
- [Food Hero - Cherries Basics \(Spanish\)](#)
- [Montana Harvest of the Month - Cherries](#)
- [Washington Agriculture in the Classroom – TART Cherry on Top – Lesson Plan for grades 3-5](#)
- [Michigan Cherry Committee - Powered by Cherries Coloring Book](#)



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