

Fun Facts about

CHEERRIES

- 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.

