



# Cherries



There are two main types of cherries—sweet cherries and tart cherries. Sweet cherries are typically eaten fresh and have a firm, juicy flesh with a mild, sweet flavor. Tart cherries, also known as sour cherries, are smaller and have a more acidic flavor.

Cherries grow best in temperate regions with a period of cold dormancy in winter followed by warm temperatures in spring and summer. Washington, California, and Oregon produce the most sweet cherries. Michigan, Utah, New York, and Wisconsin produce the most tart cherries. Cherries are typically cultivated from grafted nursery stock rather than seeds to ensure consistent fruit quality and characteristics. Cherry trees require well-drained soil, adequate sunlight, and protection from strong winds.

Cherries require cross-pollination with another compatible variety to produce fruit. Growers often plant multiple cherry varieties within the orchard. Honeybees are commonly used to facilitate pollination. After pollination, the flowers develop into cherries and take several months to mature.

Cherries are harvested when they reach full ripeness in late spring to early summer. They are often harvested by hand to avoid damage and are picked with their stem intact to preserve freshness and extend shelf life. In some orchards, mechanical shakers may be used to harvest the fruit.

After harvesting, cherries are sorted, graded, and packed into containers for storage, transportation, and sale. They are stored in cold storage facilities to maintain freshness and extend shelf life before being distributed to markets, grocery stores, or processing facilities.

Cherries are eaten fresh, cooked, or dried and can be added to salads, yogurts, trail mixes, granola, and desserts like tarts, pies, cobblers, and crisps. Tart cherries are used in pies, jams, sauces, syrups, and cherry juice.

Cherries are a good source of vitamin C, potassium, fiber, and antioxidants. They are associated with several health benefits due to their antioxidant and anti-inflammatory properties. Consuming cherries may help reduce inflammation, promote recovery after exercise, improve sleep quality, and support heart health.



<https://youtu.be/KZqyc6621j4?si=UpB9574sTnMF0HX3>