

INCREDIBLE EDIBLE IDAHO

CHERRY



CHERRY NUTRITION FACTS:

Cherries are a good source of vitamin C which helps keep you healthy.

Cherries are a good source of fiber, which helps you feel full.

Cherries contain phytonutrients- these plant pigments are responsible for the color of cherries and have been linked to a variety of health benefits.

Cherries also contain beta-carotene, potassium, magnesium, iron and folate.

IDAHO CHERRY FACTS:

Idaho ranks in the top ten states in sweet cherry production, harvesting over 5 million pounds of sweet cherries each year.

Cherries are one of the first fruits to be available in Idaho with harvest beginning in June and lasting only a few weeks through the month of July.

A mature cherry tree will produce more than 100 pounds of fruit - or around 7,000 cherries each year.

The most famous sweet cherry variety grown in Idaho is the Bing cherry recognizable by its dark purple skin, large fruit size and super sweet flavor.



Top cherry producing counties:

Canyon
Gem

Washington
Payette

Owyhee

