



# Fresh Michigan CHERRIES






## *Enjoy sweet Michigan cherries!*

Michigan is one of the largest growers of cherries in the United States. While our state is mostly known for tart cherries (great for pies and jams), we grow our fair share of ready-to-eat (and tasty) sweet cherries.

Sweet cherries are harvested starting in July and into August when they're picked at their peak – plump and firm. For the perfect ripeness, choose the darkest cherries.

### Health Benefits of Sweet Cherries

-  Zero fat, Zero cholesterol
-  Full of Antioxidants!
-  1 cup provides 12% of your daily fiber
-  16% of your daily Vitamin C in 1 cup
-  Vitamin A, calcium, protein, iron and potassium
-  Research shows cherry consumption can reduce pain and inflammation

### How to Store Cherries

- Keep refrigerated
- Stores 7-14 days if kept cool
- Stems help prolong shelf life

### Varieties

Attica • Benton • Burgundy Pearl • Ebony Pearl • Regina • Sweetheart

### Sweet Cherry Packs

Open Top Poly Bag - PLU 4045 or 4259

12/2lb-24 lb

8/2.5lb-18 lb

Pouch Bag - PLU 4045

Located near Grand Rapids, Michigan, Riveridge Produce Marketing has more than 25 years in the produce industry.