Cherry

What am I?

Cherries are a fruit that come in two types: sweet and tart. The most common sweet cherry is the Bing cherry. Cherries contain a small pit in the inside which classifies them as a stone fruit. Eat cherries raw or cooked.

How do I grow?

- Cherries grow on trees and do not ripen once they've been picked.
- Cherries are in season in Wisconsin June and July.
- Door County is known for their tart cherries.

Nutrition Facts

Cherries are a good source of anthocyanin which is an antioxidant that gives cherries their red color. Antioxidants help fight inflammation, promote heart health and brain health.

Fun Facts

- Door County has been producing cherries since 1896.
- Tart cherries are a natural source of melatonin which may help you sleep.

WISCONSIN DEPARTMENT OF
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