



# 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.