



# CWD Healthy Update

CWD Nutrition Services

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## Cherries

The bright red color found in cherries is due to their anthocyanin content. Anthocyanins are powerful antioxidant compounds that have been linked to a variety of health benefits including protection against heart disease and some forms of cancer as well as alleviating pain from arthritis and reducing inflammation.



yields 275 to 300 million pounds of tart cherries every year.

7,000 cherries on the average cherry tree. Each tree can produce more than 100 pounds of fruit in a season.

\* It takes six to eight pounds of cherries to make one pound of dried cherries.

\* There are about 100 cherries in an 8-ounce glass of cherry juice.

### Cherry Facts

\* Most cherries (about 94%) consumed in the US are grown domestically. The US tart cherry crop

\* 75% of the US tart cherry crop is grown in Michigan. Other states growing cherries commercially include Utah, New York, Wisconsin, Washington, Oregon, and Pennsylvania.

\* There are about

For more information and cherry recipes, check out the Cherry Marketing Institute's website at [choosecherries.com](http://choosecherries.com).



## Celebrate February!

- Canned Food Month
- Chocolate Lover's Month
- Great American Pies Month
- National Cherry Month
- National Grapefruit Month
- National Hot Breakfast Month
- National Snack Foods Month
- Potato Lover's Month
- American Heart Month

## Weekly Produce Update

Strawberries—production is limited due to rain in California.

as well as rain in the growing areas.

Blueberries—supplies are light but steady.

Broccoli—a planting gap as well as weather is impacting supply.

Celery—supplies are tight & quality fair.

Grapes—Green Grape supplies & quality are good. Supplies of red grapes are more limited.

Cauliflower—supplies are tight due to a planting gap

Lettuce—supplies of value-added product is limited.

[ProduceNews.com](http://ProduceNews.com)

