

Let's Talk Cherries

June 22, 2023



Concepts Taught:

- Health benefits of eating cherries.
- Local spots to pick cherries.
- 3 recipes to enjoy cherries all year long.

Michigan cherries

- 70% of tart cherry supply in the US is grown in Michigan
- 201 millions pounds of tart cherries were grown in Michigan in 2018
- Traverse City is known as the "Cherry Capitol of the World"
- Michigan is the largest grower of "America's Superfruit" - Montmorency tart cherries

Montmorency tart cherries

- Contain highest levels of disease-fighting antioxidants.
- Also contain Vitamin A (beta-carotene), Vitamin C, potassium, magnesium, iron, and fiber.

Where to pick cherries:

- **Kalamazoo County:**
 - Husted's Farm Market
- **VanBuren County:**
 - Overhiser Orchards*
- **Allegan County:**
 - Crane Orchards U-Pick
- **Berrien County:**
 - Fruit Acres Farm Market & U-Pick
- **Kent County:**
 - Grange Ave. Market & U-Pick Orchard*
- **"Up North":**
 - Friske Orchards*
- **Cherry Capitol of the World**
 - Third Coast Fruit Co.*

Antioxidants in cherries:

- **Anthocyanins:**
 - Provide the red, blue, or purple color in fruits and vegetables.
 - May reduce blood pressure, cholesterol, inflammation and increase blood flow.
 - Other sources: Black and red grapes, red cabbage, black beans, black rice, pomegranates, grape juice, eggplant
- **Quercetin:**
 - Antioxidant and anti-inflammatory properties
 - Linked to lower rates of decline in cognition (including memory)
 - Other sources: red and yellow onion, kale, green and black tea, cherry tomatoes, blueberries, apples, dill
- **Procyanidins:**
 - Anti-inflammatory properties
 - Abundantly found in fruits, vegetables, and legumes
 - Other sources: grapes, cranberries, cocoa, kiwi, pears
- **Phenolic acids:**
 - May decrease risk of high blood pressure, type 2 diabetes, and cardiovascular disease.
 - Abundantly found in fruits and vegetables, but also whole grains and nuts.
 - Other sources: blueberries, blackberries, dark chocolate, pecans, almonds, flaxseed, artichokes, spinach, olives

Recipes & Resources:

- <https://michigangrown.org/michigan-cherry-vinaigrette/#recipe>
- <https://michigangrown.org/kale-tortilla-chips-with-cherry-salsa/>
- <https://michigangrown.org/michigan-summer-farm-bounty-salad/>
- <https://michigangrown.org/cherries/>

*Company promotes tart cherries in you-pick orchards