



### Idaho Cherries – Downright Delicious!

Idaho’s warm, lazy summer evenings are a perfect match for a favorite summer treat: **cherries**. Not only do these sweet fruits taste great, but they also contain a healthy mix of necessary nutrients, including pectin, which helps control blood cholesterol levels, vitamin C, beta-carotene, and potassium. **Cherries** are also high in antioxidants, which have anti-inflammatory and antihistaminic properties, as well as, being a potential inhibitor of cancer. A one-cup serving of **cherries** is low in calories and fat, giving you a sweet fix without the extra calories in other desserts.

Idaho **cherries**, grown all around the state, are of the “**sweet cherry**” family, which includes the well-known dark Bing **Cherry**, as well as, the lighter-skinned Lambert, Rainier, and Royal Ann **cherries**. There are other varieties of darker-skinned **cherries** grown in Idaho that include the Van, Chapman, Larian, and Black Republican **Cherries**. These delicious fruits are in season for only three short months, from the end of May until mid-August. Idaho **cherries** are at their sweetest and plumpest during the peak months of June and July.

Idaho is among the top 5 producers of sweet **cherries** in the nation, with harvest values averaging over \$3 million dollars annually! Idaho’s top **cherry**-producing counties are Canyon, Washington, Payette, and Gem County. **Cherries** from these, and other counties are distributed all over the world, and are highly desirable, because of the quality and quantity of the fruits that our state produces.

