

# CHERRIES



**As one of Michigan's most prized specialty crops, fresh sweet Michigan cherries are in season from late June to August while Montmorency tart cherries are available throughout the year dried, frozen, canned, or as juices and concentrates**

- Michigan grows 70% of the country's supply of tart cherries, ranking first in production
- Michigan is the leading producer in the world for Montmorency tart cherries, known as "America's Superfruit"
- Michigan produces more than 200 million pounds of tart cherries, valued at over \$280 million

## MICHIGAN CHERRIES = HEALTHY

- Cherries contain beta carotene, vitamin C, potassium, magnesium, iron and fiber
- Montmorency tart cherries have among the highest levels of disease-fighting antioxidants compared to other fruits
- Research indicates Montmorency tart cherries may help reduce strength loss and aid recovery after extensive exercise as well help improve the quality and duration of sleep



By local farm families. [MichiganGrown.org](http://MichiganGrown.org)