

# Harvest of the Month

## Cherries

Calories

87

Total Fat

0g

1  
cup

Sodium

0mg

Sugars

18g

## FUN FACTS:

There are 2 types of cherries:

- Sweet—most often eaten fresh
- Tart—used in baking; they hold their shape

Each tart cherry tree produces about 7,000 cherries. To make one cherry pie, you'll need about 250 cherries. So, you can make 28 pies with the cherries from one tree.

Due to mechanical tree shakers, a cherry tree can be harvested in 7 seconds!

This institution is an equal opportunity provider.

