



Bing Cherries

#BC826 | 16/Lb

Overview:

Bing Cherries are a widely grown variety of cherry, known for their uniform shape and their sweet and tart flavor profile. Each cherry tree requires 5-6 years to bear fruit, and each tree provides between 50-100 LBs annually once it is mature.

History:

The Bing variety of cherry is thought to have been created as a cross between two other common varieties. It was first identified in 1875 by a prominent horticulturalist in the Willamette Valley of Oregon.

Growing Region:

Cherries are commonly grown in California, the Pacific Northwest, Wisconsin, British Columbia, or Chile depending on the season. Unlike many other fruits and vegetables, Cherries are not available in every month of the year. The current source of our cherries is California, and we expect Washington State to begin harvest in a few weeks.

Nutrition:

Cherries are an excellent source of vitamins A, C and K, as well as antioxidants, iron, and magnesium. Cherries are known for their anti-inflammatory properties, calcium content which protects bones and teeth, as well as for being a good source fiber and potassium.

Preparation:



Cherries are most commonly eaten whole and raw, but they are also well suited for cooking, canning and freezing. The pit is inedible, so remember to discard when eating raw, or remove prior to cooking. Cherries are a great flavor additive to smoothies or sauces, and they also can be used as a nutritious topping for cereals or fruit salads.

