

Cherry Trivia



Production & Uses:

- The sweet cherry, *Prunus avium* is a member of the Rosaceae (rose) family.
- There are over 1,000 varieties of cherry, but fewer than 10 % are produced commercially.
- The major diseases of cherries (the fruit) are brown rot, botrytis fruit rot, bacterial canker, powdery mildew, cytospora canker, coryneum blight and alternaria fruit rot.
- Severe winter temperatures can cause cold injury to shoots, fruit spurs, trunks and even roots. Winter damage to cherry trees increases the susceptibility to diseases and insects, particularly shothole borer and ambrosia beetle.
- Periods of heavy rain can cause rain split, which occurs when cherry fruit absorbs water and swells, eventually splitting. Over 50% loss can be experienced on sensitive cultivars. The wound caused by splitting, serves as a point of entry for diseases, particularly brown rot and Botrytis. Trees can be sprayed with calcium to reduce damage. Some growers use helicopters or airblast sprayers to dry off the fruit.
- Sweet cherries have been produced in Canada for many years. Due to spring frosts and untimely rain sensitivity, sweet cherries can only be grown commercially in a few locations in Canada.
 - Production in British Columbia (~ 75% of the Canadian crop.) began around the 1930s and is centred in the Okanagan, Similkameen and Creston valleys.
 - Approx. 75% of Ontario's (~ 24% of the Canadian crop.) production is located in the Niagara and Hamilton-Wentworth areas.
 - The remaining 1% is grown on small acreages in Nova Scotia, Manitoba and Quebec.
 - Nova Scotia for example, has been producing since the 1950's when there was commercial production in the Bear River area of Annapolis County and where there is still an annual cherry festival.
- Internationally, Canada is a relatively small producer of sweet cherries. The largest producers are the U.S. and Eastern Europe.
- On average, Canadians consume less than 1 lbs. / person.
 - The vast majority of cherries are used fresh. Cherries are also blended for sauces or drinks, frozen, canned and used for jams, pie fillings and yogurt flavouring.
 - The flavor of the cherry ranks among top flavor favorites in the world
 - It takes about 250 cherries to make a cherry pie.
- Cherries do not ripen after harvest.
- The bark & stems of wild cherries has an odour of almonds.

Cherry Trivia



History / Culture

- Cherry seeds have been found in The Bronze Age and Roman archaeological sites throughout Europe.
- In Japan, the cherry symbolizes the brevity of life. The saying goes ‘The cherry is among flowers as the Samurai is among men’.
- Ripe cherries off the tree mean success and happiness
- A cherry tree is an omen of good fortune

Medicinal Properties

- Cherries are low in fat, sodium, cholesterol and are a source of fiber, Vitamin A, B, C and E and Potassium.
- Cherries help reduce the pain of arthritis, muscle and back pain and fight inflammation in joints.
- Consuming 280 grams (10 ounces) of cherries increases antioxidant blood levels.
 - Antioxidants are considered important in the diet because they intercept free radicals and protect cells from oxidative damage that may lead to disease.
- Cherries can reduce urate levels in the blood, thus helping to eliminate gout pain.
 - Urate: A salt derived from uric acid. When the body cannot metabolize uric acid properly, urates can build up in body tissues or crystallize within the joints.
- An excellent source of Melatonin, cherries help with insomnia.
- Hot cherry stones were used in bed pans to warm beds

Nutritional Facts	
Serving Size: 1 cup, 21 cherries (140g)	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fibre 3g	12%
Sugars 19g	
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000-calorie diet.	