

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program

Cherries



- **There are over 1,000 varieties of cherries.**
- **Both sweet and tart. Usually we eat sweet cherries fresh and cook with tart cherries**
- **Most of the cherries grown in the United States are grown in Washington State**
- **Click on link for a cherry picking video!**

<https://youtu.be/wltzKBpr8ZQ>