

Meet the Montmorency Tart Cherry!

ONE SUPER-FASCINATING SUPERFOOD



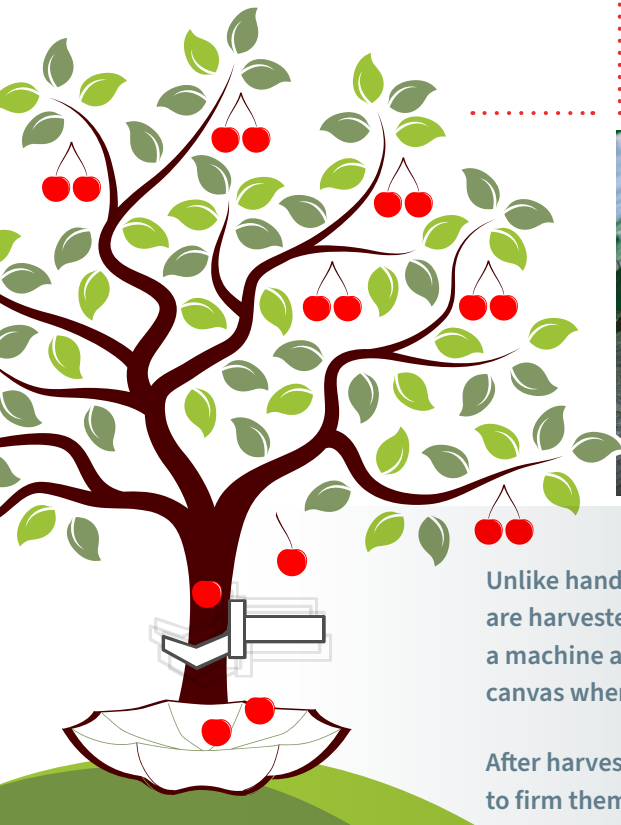
English colonists brought
cherries to America in 1629



Modern day cherry
production began in the
mid 1800s in Northern
Michigan



Today, cherries are
grown in several
states and harvested
in midsummer



Tart cherries
are smaller and
brighter than
sweet cherries

Unlike handpicked sweets, tart cherries
are harvested by shaking the tree with
a machine and catching them with a
canvass when they fall

After harvest, cherries are chilled
to firm them up before processing



Trees are
self-pollinating
and produce for
20 to 25 years

7-14' tall
8-12' wide



Nutrient-dense tart cherries deliver amazing health benefits:



Heart Health



Arthritis & Gout



Vitamins A & C



Exercise Recovery



Restful Sleep