

Available  
late May to  
late June



*Love  
at  
first bite*

Product of USA



**CALIFORNIA**  
C H E R R I E S



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C H E R R I E S

## **HANDLING AND STORAGE**

- Handle carefully to avoid bruising.
- Store cherries unwashed in a container in the fridge.
- Avoid washing or sprinkling cherries with water unless they will be used immediately.

## **USAGE IDEAS**

- Enjoy as an anytime snack.
- Make California cherries the centre piece of any fruit and cheese platter.

## **NUTRITION FACTS**

1 cup of fresh California cherries contains:

- 12% of daily dietary fibre needs.
- 10% of Vitamin C needs.
- Only 90 calories (380kj).
- No fat, cholesterol or sodium.
- Packed with anthocyanins, a family of anti-oxidants shown to reduce the risk of heart disease, cancer and provide pain relief; so reach for California cherries.