



Geography/History

Cherries are native to China. First documentation of cultivation dates back to 4000 B.C. Cherries were brought through ancient trade routes into Turkey, which is known as the crossroads of Asia and Europe as it has historically been the center of major trade routes. Cherries are named after Cerasus, an agriculturally rich province in northern Turkey along the coast of the Black Sea. Cherry trees flourish in Mediterranean climates and temperate climatic zones that experience four seasons.



See the table below for in depth analysis of nutrients:
Sweet and Tart Cherry fruits (*disambiguation*),
Nutrition Value per 100 g.
(Source: USDA National Nutrient data base)

| Principle | Nutrient Value | Percentage of RDA |
|------------------------|----------------|-------------------|
| Energy | 63 Kcal | 3% |
| Carbohydrates | 16.1 g | 12% |
| Protein | 1.06 g | 1.00% |
| Total Fat | 0.2 g | 3% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 2.1 g | 1.6% |
| Vitamins | | |
| Folates | 4 mcg | 1% |
| Niacin | 0.154 mg | 1% |
| Pantothenic acid | 0.199 mg | 4% |
| Pyridoxine | 0.049 mg | 4% |
| Riboflavin | 0.033 mg | 2.5% |
| Thiamin | 0.027 | 2% |
| Vitamin A | 640 IU | 21% |
| Vitamin C | 7 mg | 11% |
| Vitamin E | 0.07 mg | 0.5% |
| Vitamin K | 2.1 mcg | 2% |
| Electrolytes | | |
| Sodium | 0 mg | 0% |
| Potassium | 222 mg | 5% |
| Minerals | | |
| Calcium | 13 mg | 1.3% |
| Copper | 0.060 mg | 7% |
| Iron | 0.36 mg | 4.5% |
| Magnesium | 11 mg | 3% |
| Manganese | 0.070 mg | 3% |
| Phosphorus | 21 mcg | 3% |
| Zinc | 0.07 mg | 5% |
| Phyto-nutrients | | |
| Carotene-β | 38 mcg | -- |
| Lutein-zeaxanthin | 85 mcg | -- |

Description/Taste

The perfect **Cherry** is rounded with a slight heart shape and dimple at its stem end. The skin is thin and taut with deep red coloring. The flesh's color palate is a range of rouge tones. Its texture has a soft melting quality and its flavor bright, pleasantly tart and sweet. The only deficit is that the fruit's seed is buried in the flesh.

