

# Harvest of the Month

## Bing Cherries

Calories

87

Total Fat

0g

Sodium

0mg

Sugars

18g

1  
cup

## FUN FACTS:

The Bing cherry is the most popular sweet cherry in the United States. It was developed in Oregon.

This institution is an equal opportunity provider.



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## FUN FACTS:

### *The Most Famous Sweet Cherry*

Cultivated in Oregon in 1875, the Bing cherry was named after Chinese orchard foreman Ah Bing.

This round, plump and very sweet cherry has a short growing season and a high price tag.

Bings are mainly grown in Oregon, Washington, California, Wisconsin and British Columbia. They do not ripen after being picked.

Bing cherries are high in antioxidants and other nutrients that can help ease arthritis pain.

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