






There's no guilt in loving cherries. As a low fat, sodium free, and high fiber treat, they're as healthy as they are tasty, lending an important source of potassium, vitamin C, folic acid, antioxidants and micronutrients. It's tough to overindulge: one cup of cherries totals only 90 calories and it takes 45 cherries with pits to equal a pound.

Cherries	Description	Identifying
<p>Bing</p> 	<p>The leading commercial sweet cherry in North America. Fruit is firm, juicy and a deep mahogany red when ripe. Exceptionally large fruit of finest quality, with an intensely sweet vibrant flavor. Bing has become the standard by which other varieties are compared.</p>	<p>Skin-mahogany, flesh-mahogany. Sweet, rich flavor (17-20% fruit sugar). Firm.</p>
<p>Chelan</p> 	<p>The leading early-ripening sweet cherry of the Pacific Northwest. Fruit ripens two weeks ahead of Bing, yet resembles Bing with firm, round, heartshaped fruit of good size. The best deep mahogany red cherry before Bing and less susceptible to rain-cracking.</p>	<p>Skin-red, flesh-mahogany. Early variety (16-17% fruit sugar), ships</p>
<p>Lapin</p> 	<p>A large, highly cracking-resistant mahogany red cherry that is rapidly replacing the late-season variety Lambert. Lapins matures ten days to two weeks after Bing, exhibiting excellent firmness and flavor. A high quality self-fertile cherry, it does not require other pollenizer varieties to set consistent crops.</p>	<p>Skin-mahogany, flesh-red, large fruit with shiny skin. Late variety (17-19% fruit sugar), solid texture</p>
<p>Rainier</p> 	<p>A very attractive, exceptionally large yellow cherry with a bright red blush. Rainier has a distinctive and superior appearance among sweet cherry varieties. Delicately flavored with extraordinary sugar levels, the flesh is pure yellow, very firm and finely textured. Good bud hardiness means more consistent production of this super-premium niche variety that ripens after Bing.</p>	<p>Skin-golden with pinkred blush, flesh-clear. Very sweet, delicate flavor (20-25% fruit sugar) finely textured.</p>
<p>Sweetheart</p> 	<p>A large bright red cherry maturing one week to 10 days after Lapins (3 weeks after Bing). SweetheartTM has a mild sweet flavor and outstanding firmness. As a self-fertile variety, it does not require other pollenizer varieties to set consistent crops.</p>	<p>Skin-dark red, flesh-dark red, heart-shaped. Late variety (16-17% fruit sugar) superior shipping texture</p>