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potassium, vitamin C  
and low GI

Sweet  
Health

[www.nwcherries.com](http://www.nwcherries.com)



# Taste the difference in Red and Rainier



**Red Cherries** –  
deep red to burgundy  
cherries with sweet rich  
flavour.



**Rainier Cherries** –  
exceptionally large,  
golden cherry with a  
pink-red blush.  
Delicately flavoured  
and extra sweet.

## HANDLING AND STORAGE

- Handle with care, especially Rainier cherries, as the high sugar content makes them susceptible to 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 Northwest cherries the centre piece of any fruit and cheese platter.