

NEW ZEALAND CHERRIES

fresh
produce
new zealand



Cherries come in a range of varieties, with each only differing slightly in size, shade of deep burgundy skin and flesh colour.

Regardless of variety, cherries are full of flavour, crunchy, sweet and juicy. The ideal balance of acidity and sugar, and unique complex flavours.

This perfect summer fruit is pure indulgence eaten fresh, but also delicious when used in baking, salads, sauces and jams.

Grown in Central Otago, a region renowned for producing stonefruit of superior quality and flavour, due to its pure and optimal growing conditions.

AVAILABILITY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

PACK

1kg and 5kg boxes

SIZES

24mm | 26mm | 28mm

VARIETY

Stella | Lapins | Staccato | Organic

A nutritionally dense fruit rich in anthocyanins, melatonin, potassium and carotenoids. Cherries are also an excellent source of vitamin C and high in fibre.

The significant levels of anthocyanins provide the distinctive red colour. These rich red pigments are a type of phytonutrient known as flavonoids, which have been linked to a variety of health benefits – from potential protection against heart disease and cancer, to keeping the brain sharp. Cherries are also said to improve sleep patterns and help with joint pain.



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