

CHERRIES AND YOUR HEALTH

Cherries are very beneficial in maintaining good health. A study* commissioned by the Victorian Cherry Association reviewed a vast amount of current research data about cherries and concluded that there is a strong case to recommend at least one serving of cherries per day, with additional servings delivering more benefits... cherry lovers will be delighted to know that more is better!

Cherries contain a unique combination of vitamins, minerals, anti-oxidants and anti-inflammatory compounds which act together to deliver health benefits not available from many other plants or from supplements.

Vitamins E and C and the flavonoids found in cherries may slow ageing and they may slow or even reverse the symptoms of neurological diseases such as Alzheimer's and Parkinson's. Cherries also contain compounds that can help to slow or inhibit the progression of cancer (Polyphenolics Egalllic acid and Lignans).

It's Time to Pick your own Cherries!



Anti-oxidants are necessary to clear the body of damaging free radicals and they are most effectively acquired through diet. If we don't consume enough anti-oxidants, damage can occur, leading to degeneration and disease including cardiovascular disease, arthritis, cancer, inflammatory conditions and neurological diseases and degeneration. Cherries contain 17 anti-oxidants, plus a suite of other compounds with beneficial health benefits.

Cherries may benefit people suffering from chronic inflammatory conditions such as gout, pancreatitis, or prostatic, as well as allergic conditions including asthma, hay fever, eczema and hives because they contain the compounds cyanidin and quercetin.

So cherry lovers can indulge to their hearts content, because the study concluded that cherries have significant health benefits in slowing or inhibiting the progression of cancer, ageing, neurological diseases, cardiovascular disease and inflammatory conditions. They also aid in detoxification of foreign substances.

And with only 224 kilojoules per 100 grams and almost no fat, cherries are truly a very healthy food!

* The Health Benefits of Cherries, Charlotte Brunt BSc (Hons), Swinburne University 2004.

Goats Cheese & Rocket Salad

Ingredients:

- 4 tablespoons olive oil
- 2 tablespoons white balsamic vinegar
- 1 teaspoon Dijon mustard
- Salt, Pepper, Sugar
- 8 fresh cherries, pitted and quartered
- 300g rocket
- 50g pine nuts
- 300g fresh goats cheese in a log
- 3 tablespoons cornflakes
- 3 green onions, finely sliced
- 2 teaspoons oil

Method:

In a bowl, whisk together the olive oil, vinegar and mustard to make a dressing.

Season with salt, pepper and sugar and stir through the cherries, set aside.

Rinse rocket and spin dry.

Heat a small frying pan and dry roast pine nuts until golden brown.

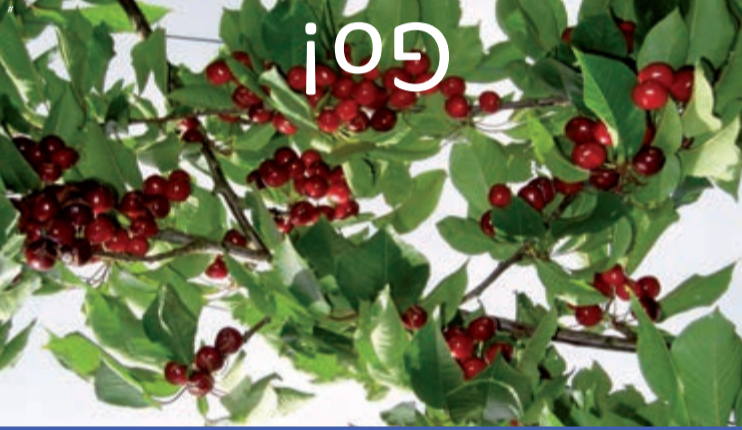
Cut cheese into about 2cm wide discs.

Place cornflakes in a sealed lunch bag and crush with your fingers.

Place cornflakes on a plate and press cheese with both sides into cornflakes.

Heat oil in a non stick frying pan and brown the cheese on both sides.

Place cheese on paper towel, then arrange with the salad on a plate.



Go!



Set



Ready



Fresh Delicious Healthy

Pick your own * or
Buy at farm gate

* Pick your own available only at participating orchards and subject to seasonal availability

Cherries

VICTORIAN
HARVEST
TRAIL

There's nothing more delicious than a sweet plump juicy cherry. The best way to eat them is straight off the tree.

Enjoy a fantastic day out with your family, friends or that special person on the "Victorian Cherry Harvest Trail"

Find out more at:

www.cherries.org.au

Yarra Valley & Ranges
Mornington Peninsula
Goulburn Valley
Northeast Victoria
Macedon Ranges

Peak
Season

NOVEMBER
DECEMBER
JANUARY

Cherries
The Victorian Cherry Association
P.O. Box 612 Mooroopna Vic 3629
(c) All rights reserved



Upper Goulburn Valley



1 KOALA COUNTRY ORCHARDS

Come to Koala Country Orchards and visit the Cherri Shed for tastings and sales of fresh cherries, straight from the orchard. Select from our range of Cherry Wine and Liqueur, Preserves, Sauce and Cherry themed gifts.

Location: 6547 Maroondah Hwy
Yarck VIC 3719
Melway: 610, S7
Telephone: 03 5773 4250
Website: www.kco.com.au
Trading: Open 7 Days, November, December & January



More fantastic
Cherry Recipes



can be found at

www.australiancherries.com.au/recipes

Yarra Valley & Ranges



3 JOHNSON BROTHERS

The Johnson family have been farming in this area for over 100 years. As a third generation farmer, Alistair, with his family, now grow cherries, peaches, plums and apples. They welcome you to their shed through the season.

Location: 605 Beenak Road
Seville VIC 3139
Melway: 305, E6
Telephone: 03 5964 8440, 0409211819
Email: alistairjohnson@bigpond.com.au

4 WANDIN VALLEY FARMS

Whilst enjoying the beautiful surrounds of the Yarra Valley, why not call in at Wandin Valley Farms, where you can purchase pre-packed cherries to take home and enjoy!! Premium quality and seconds available.

Location: 75 Wellington Road
Wandin North VIC 3139
Melway: 121, B2
Telephone: 03 5964 4669
Website: www.wandinvalleyfarms.com.au



5 CHERRYHILL ORCHARDS

Cherryhill Orchards is Australia's largest U-Pick located in the Yarra Valley. As well as juicy, sweet cherries to pick you can also try Cherryhill's famous cherry ice-cream, cherry jam and other tasty cherry products.

Location: 474 Queens Road
Wandin VIC 3139
Melway: 121, H4
Telephone: 1300 CHERRY (1300 243 779)
Website: www.cherryhill.com.au
Email: 1300@cherry.com.au



6 BIG FELLA CHERRIES

Visit our picturesque Yarra Valley orchard to experience the joy of harvesting your own delicious cherries. U-pick your very own fresh Big Fella cherries straight from the trees. Enjoy the spoils of superior cherries, just as nature intended.

Location: 38 Boundary Rd
Coldstream VIC 3139
Melway: 118, J2
Telephone: 0425 774 649
Website: www.bigfella cherries.com.au
Facilities: Toilets, plenty of parking, shaded picnic area



7 CHAPPIES

Chappies is the original home of U-Pick in Silvan. We offer our very best cherries for our U-Pick customers. Buckets are supplied and ladders are not required. There is a selection of sweet, sour and white cherries. You can also pick fresh berries. Cherries and berries for sale, freshly picked for you.

Location: 21 Parker Road
Silvan VIC 3795
Melway: 121, F12
Telephone: 03 9737 9534
Website: www.chappies.com.au
Email: enquiries@upick.com.au
Trading: Open 7 days, Nov, Dec, Jan



8 BLUE HILLS BERRIES & CHERRIES

The Chapman family are well established growers of cherries and berries and have farmed in Silvan since 1894. Best known for their quality fresh fruit and provision of 'Pick Your Own' cherries and berries.

Location: 27 Parker Road
Silvan VIC
Melway: 121, F11
Telephone: 03 9737 9400
Email: info@upickberries.com.au
Trading: Open 7 Days Nov and Dec
Website: www.upickberries.com.au



9 OAKSUN CHERRIES

Oaksun is the home of Charlie Cherry's Fresh Cherries. Charlie Cherry only grows fresh premium cherries - big and juicy. Grown in the Yarra Valley. Come along, sample and purchase "Australia's finest cherries"

Location: 77 Monbulk-Seville Road
Wandin East VIC 3139
Melway: 305, B6
Telephone: 03 5964 2888
Email: oaksun@dragnet.com.au
Trading: Open 6 days (Saturday - Thursday)



Macedon Ranges



10 MT GISBORNE CHERRIES

Over 20 different cherry varieties grown, including; red, black and white. Freshly picked, packed and ready for sale at the farm gate. Situated in the beautiful Macedon Ranges amongst many other local attractions. 45 minutes from Melbourne CBD.

Location: 425 Mt. Gisborne Road
Gisborne VIC 3437
Melway: 609, F11
Telephone: 03 5428 8044
Website: www.gisbornecherries.com.au
Trading: 8.30 am—6.00 pm Wed to Sun.
Closed 25th Dec. Extended days for public holidays. See website or phone



Mornington Peninsula

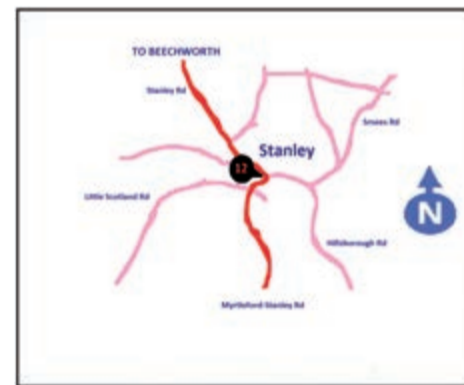
11 RED HILL CHERRY FARM

Red Hill Cherry Farm is the oldest 'Pick Your Own' Cherry Farm in Victoria. Visit our farm for sweet and full flavoured fresh cherries ready for you to pick straight from the trees. Pick your own cherries. Buy freshly picked cherries. Cherry Port available for purchase. Pick your own sour Morello cherries.

Location: 61 - 69 Prossors Lane (Off Arthurs Seat Rd)
Red Hill VIC 3937
Melway: 190, K6
Telephone: 03 5989 2237 / 0407 819 751
Facebook: http://www.facebook.com/pages/Red-Hill-Cherry-Farm
Email: trevorholmes@pac.com.au
Website: www.redhill-cherryfarm.com.au
Trading: Only when ripe fruit is available
Saturday and Sunday - 9am - 4pm
Monday to Friday - 10am - 4pm



Northeast Victoria



12 SINCLAIR ORCHARDS

Visit Stanley in the foothills of the High Country and call into Sinclair Orchards, where you can taste and purchase fresh cherries, picked and pre-packed for your convenience direct from our sales outlet in the centre of the Stanley Township. We also accept buses & group bookings. Apple Cider tastings & sales. Local apple juice also available.

Location: 1 Stanley Road (cnr Myrtleford-Stanley Rd)
Stanley VIC 3747
Melway: X922, E7
Telephone: 03 57286662 / 0428274392
Email: sinclairapples@bigpond.com
Trading: Open daily Mid Dec-January
Closed Christmas Day

