



Northwest Cherry Organizations Rally to Help Americans Reach their 2025 Health Goals

Research shows dried sweet cherries are a nutrient-dense snack

January 14, 2025, Prosser, WA – Each new year we look for simple ways to add nutritious foods to our diets that help us achieve wellness goals: better sleep, more energy, improved gut health, and more. This January, Northwest Cherries and Chukar Cherries are teaming up to encourage everyone to tap into the research-backed benefits of Northwest sweet cherries.

Karley Lange of Northwest Cherries (a branch of the Washington State Fruit Commission) notes, “Research shows that adding sweet cherries to your diet—regardless of whether they are fresh, frozen, dried, or jarred—offers powerful health benefits. Thanks to simple preservation techniques, cherries are not just a summer fruit!” Working with Washington State University, Northwest Cherries has extensively researched the following health benefits:



- ✓ **Rest Easier** – Sweet cherries are a natural source of serotonin, melatonin, and tryptophan. Studies suggest that these compounds can improve the quality of sleep, giving the body time to repair and restore itself. Consuming a serving of cherries, about half a cup dried, an hour before bedtime can stabilize and regulate sleep.
- ✓ **Lower Stress** – Along with helping sleep patterns, serotonin may lower stress and improve mood. On a cellular level, cherry phenolics also work as antioxidants to offer some protection against oxidative stress.
- ✓ **Support Gut Health** – A recent study suggests that the phenolics and anthocyanins in dark sweet cherries may have a beneficial effect on the gut microbiome. The compounds appear to keep in check certain bacteria linked to inflammation, preventing one type from proliferating and reducing the presence of another.
- ✓ **Replenish Energy** – With a lower glycemic index than most other fruits, dark sweet cherries help blood sugar stay level, and their fiber content keeps the body feeling full longer. Combined with heart-healthy nuts, dried sweet cherries make a perfect grab-and-go snack with staying power.
- ✓ **Nourish Skin** – Dark sweet cherries are rich in antioxidants, which can give winter skin a boost. Antioxidants stabilize free radicals and reduce oxidative stress, which can age skin. Sweet cherries also contain Vitamin C, which has a role in collagen production and in maintaining a healthy complexion.

Family owned Chukar Cherries has been naturally dehydrating Northwest cherries for over 35 years. “We use locally grown, tree-ripened cherries. We dry our cherries at low temperatures to retain original nutritional value without added preservatives or sugar,” says Chukar Cherries GM Tim Oten. Chukar Cherries’ dried cherries are a flavorful and nutrient-packed addition to a healthy new year.

Read on for simple ways to incorporate sweet cherries into everyday meals and snacks.



Chukar Cherries' Triple Cherry Nut Big Jar

Never run out of a healthy snack with this Big Jar—2 lbs. of Northwest cherries mixed with roasted pistachios and almonds. No added sugar, preservatives, or sulfites.

<https://www.chukar.com/fruits-and-nuts/fruitful-gifts/triple-cherry-nut-jar>



Chukar Cherries' Energy Variety 12 Pack

Twelve portion-controlled snack packs containing Northwest Bing, Rainier, and tart cherries plus roasted almonds, pistachios, and cashews. No sugar added. Delicious!

<https://www.chukar.com/fruits-and-nuts/fruitful-gifts/energy-mix-variety-12-pack>



Cherry Feta Quinoa Salad

Tangy feta and lemon vinaigrette complement crunchy vegetables and Northwest cherries.

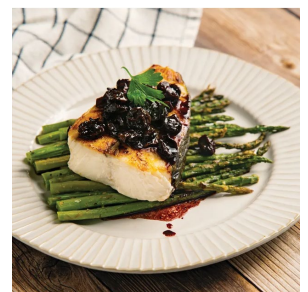
<https://www.chukar.com/recipes/cherry-feta-quinoa-salad>



Halibut a la Chukar

Topped with our Savory Cherry Wine Sauce, this impressive dish is surprisingly straightforward.

<https://www.chukar.com/recipes/halibut-a-la-chukar>



###

About Chukar Cherries

Transforming local cherries into Northwest goodies and gifts has been Chukar's specialty since the company launched on the Alexander-Auld orchard in 1988. The family-owned business crafts its all-natural products using tree-ripened fruit, roasted nuts, and premium chocolate. Chukar's cherry specialties can be purchased at their flagship store and factory headquarters in Prosser, Washington, at their store in the center of Seattle's Pike Place Market or shipped nationally at

CHUKAR.COM.

Chukar Cherry Company • 320 Wine Country Road • P.O. Box 510 Prosser, Washington 99350-0510

509.786.2055 • 800.624.9544 • F: 509.786.2591 • www.chukar.com