

Cherryland USA

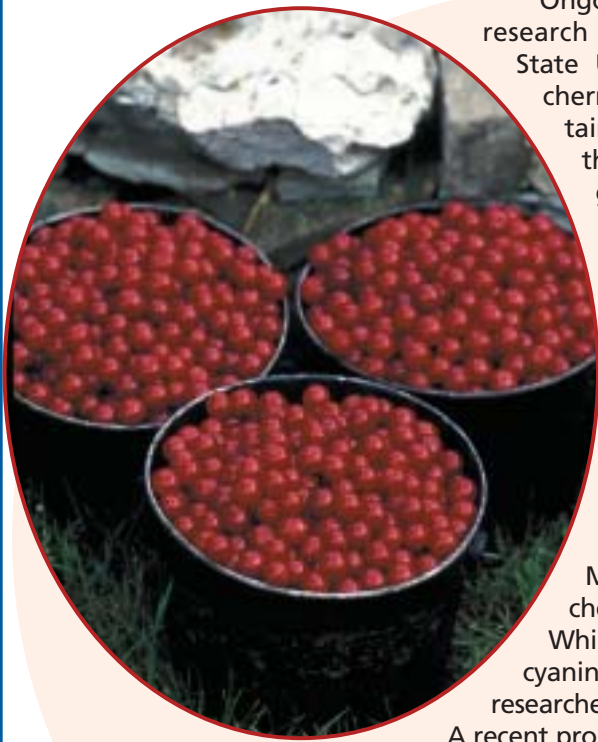
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FREE



Delicious Pain Relief



Ongoing research at Michigan State University has shown cherries are rich sources of certain compounds that help relieve the pain of headaches, as well as gout and arthritis. In fact, researchers now believe cherries may be 10 times stronger than ibuprofen or aspirin for pain reduction.

The secret is in the pigments that give cherries their intense red color. These pigments are in a class of natural dyes called anthocyanins, which have both antioxidant and anti-inflammatory properties.

Dr. Mauraleedharan Nair, a professor in the Department of Horticulture and with the National Food Safety and Toxicology Center at MSU, thinks the pain-relieving power of tart cherry anthocyanins may be applied to cancer. While the MSU research on tart cherry anthocyanins continues, Dr. Nair has also joined researchers at other universities to study tart cherries.

A recent project at Johns Hopkins University — in which Dr. Nair collaborated with Dr. S. Raja — studied tart cherry anthocyanins in relation to chronic pain. The results will be published soon.

People who consume tart cherries for pain relief will have varying results. Some may feel a difference in days, while others won't experience pain relief until they have consumed the product daily for several weeks.

Before changing prescribed medications, consult your physician.

People with diabetes can drink cherry juice and eat cherries as part of a healthy eating plan by using the nutritional information on the products.

Mmmmm...Cherry Pie!

THE FOUR SEASONS: A Cherry for All Seasons

In Door County, Wisconsin, cherries are more than just a beloved fruit. They capture the essence and charm of each passing season, attracting tourists into the county for their very own Cherryland experience.

Spring — Door County celebrates its annual Festival of Blossoms throughout the month of May, that eagerly anticipated time when spring finally arrives with all its glory. Cherry blossoms explode through the orchards, and their cheerful scent is borne on a gradually warming breeze. Visitors drive slowly on the county's country roads, reveling in the newly green hillsides bursting with brand-new foliage and flowers. Spring takes a little while to get here, but when it does, it's breathtaking.

Summer — The entire Door Peninsula bustles with people throughout the summer. The year-round population swells with the arrival of seasonal residents and summer vacationers... and they're lining up for Door County cherry pie. In fact, so many people fall in love with the tangy flavor and brilliant color of the tart cherries, they want to take some home. The cherry harvest season runs from late July until mid-August; those visiting during that time may visit a farm market or roadside stand to pick their own cherries, or they may buy ready-picked ones from the proprietors. Most farm markets and processing facilities carry a supply of fresh cherries throughout the harvest season.

If you're interested in picking your own cherries, call the orchards ahead of time to check picking hours and to get directions. The length of the season can be extended at any orchard that has earlier- or later-bearing varieties of cherry trees; it also depends on an orchard's location and seasonal climate variations.

Autumn — Bustling farm markets and roadside stands are seemingly everywhere during the fall season, and this is the perfect time to stop for cherries. Although the harvest season has passed, you can extend it: many farm markets and processing plants offer year-round availability of canned, dried and frozen cherries as well as cherry juice, juice concentrate, jellies, jams, sauces, baked goods and wines.

One such holiday specialty is Cherry Bounce, which needs to be prepared in early autumn to be ready for the holiday season. It is a healthy substitute for the traditional, but fattening, egg nog.

Winter — Thanks to the availability of canned, dried and frozen cherries, they are available year-round for a tantalizing taste of summer days, happy vacation memories or warm holiday cheer. February has been named National Cherry Month, a time of year chosen partly for Presidents' Day and the well-known story of George Washington chopping down that famous cherry tree. Plus, the heart-shaped fruit seems perfect for Valentine's Day celebrations.

Cherry pudding and chocolate-covered cherries are just what the doctor ordered when the winter wind is howling in the eaves and you are curled up with your loved ones near a cozy fire, indulging in a well-deserved — and delightfully decadent — treat.



Very Cherry Tips



To preserve the cherries' texture and shape, add them at the end of your recipe.



To store fresh cherries, put them in a plastic bag and refrigerate immediately. Eat them within three days.



Canned cherries will keep for one year if they are unopened in a cool, dark cupboard. Once the can has been opened, transfer the cherries to a covered container and refrigerate. They will keep for approximately one week.



If you're planning to freeze the cherries, make sure to freeze them as soon as possible after picking. To freeze the cherries: stem and sort; wash in cold water; drain; pit; and pack into containers — plain, in syrup or with sugar and water.

All About Tart Cherries

- Tart cherries — sometimes called sour, red cherries, or pie cherries — are known for their use in desserts, beverages, main courses, salads, jams and jellies.

- Montmorency cherries are the most popular variety of tart cherries in the United States and Canada; they comprise 95 percent or more of the tart cherry market and have been cultivated in North America for more than 100 years.

- Montmorency cherries are harvested in July and August and are light to dark red. They are not often sold in grocery stores — farmer's markets are the best place to buy them fresh.

- Tart cherry trees are usually smaller than those that produce sweet cherries, and they grow in a wider range of climates.

- Tart cherry trees will produce cherries when pollinated with their own pollen or with that of another tart-cherry variety.

- There are approximately 7,000 tart cherries on the average tree.

- The German bakery industry is a prime customer of U.S.-grown tart cherries. German bakers use Montmorency cherries in a variety of products, from the traditional kirschkuchen (cherry cake) to Danish pastry and American-style cherry pie.

- In addition to their many uses in cooking and desserts, Montmorency cherries have become extremely popular as a dried-fruit snack.

- Montmorency cherries make outstanding fruit wines, available from a number of wineries. One popular wine, sweet cherry wine, captures the full flavor of Montmorency cherries, and its moderate sweetness makes it excellent for sipping or enjoying with a meal.

- Cherries contain just 70 calories per half cup, with no fat or sodium, and they are a good source of fiber, potassium and vitamin A.

From Trees to Pies: A Harvest Timeline for Tart Cherries

See What's Shaking —

Years ago, cherries were hand-harvested. Today, cherry growers use mechanical cherry shakers so they can harvest the fruit even more efficiently; these shakers can harvest 60 to 100 cherry trees in one hour.

There are different styles of cherry shakers from different manufacturers, but they all operate on the same principle. Large mechanical arms hold the tree trunks and quickly shake the trees, causing the ripe fruit to fall into a large catching frame beneath the tree.

Contact Us

Published by: Wisconsin Cherry Growers, Inc.
P.O. Box 452
Egg Harbor WI 54209
www.wisconsincherries.org

Editor: John Nelson
john@opendoorcomms.com

Art Director: Renee Puccini
renee@opendoorcomms.com

Writer: Heather Freckmann

Graphic Designer: Aaron Moriarity

Rollin' Rollin' Rollin' —The cherries collected by each shaker are deposited onto a conveyor belt, which carries them to pallet tanks filled with water.

Just Chilling Out —After shaking, the cherries are immediately put on cooling pads and cooled in water chilled to approximately 48° F. They are left in the tanks for six to eight hours while being constantly flushed with cold water. This preserves the ripe, just-picked freshness of the fruit. It also washes the cherries and prevents bruising en route to the processing facility, and serves to firm the fruit for the pitting process.

It's Showtime —From their water tanks, the fresh cherries make a quick trip through the processing facility. The cherries are destemmed and pitted — some are sweetened — then they are frozen to preserve their outstanding quality, texture and taste.

Now the cherries are ready for purchase... and for pies! Or muffins, or chicken-cherry wraps, or cakes, or cherry jelly, or...

CIRCADIAN RHYTHMS: Sweet Cherry Dreams

In today's world, many people are juggling a career, family life, exercise and various volunteer interests or hobbies on a daily basis. We try to be healthy as we live at this frenetic pace, but it can often seem like our body's rhythms have been thrown completely out of whack, especially where sleep is concerned. We're tired in the daytime, yet we can't fall asleep at night, and we rarely feel well-rested.

While most people are starting to learn about the various health benefits of cherries, most don't realize that the little fruit can actually help regulate their circadian rhythms. Researchers have confirmed this: Better sleep is indeed a benefit of a diet that includes cherries. Dr. Russel J. Reiter, a preeminent neuroendocrinologist at the University of Texas Health Science Center, has been studying melatonin for approximately three decades. He recently learned cherries are significant sources of this hormone, which determines the amount and quality of sleep we receive. As an additional bonus, melatonin is also an antioxidant.

Researchers estimate that eating 20 cherries per day can yield substantial results, and according to Reiter, cherry juice concentrate has 10 times the amount of melatonin as occurs in raw fruit.

So go ahead: Put out a bowl of fresh or dried cherries to nibble on while you watch your favorite program, or pour a glass of cherry juice to sip while you read the paper. Cherries are delicious and a naturally healthy snack... and you just might sleep better as well.

The Mighty Cherry

New research has revealed a growing number of health benefits related to the consumption of Montmorency tart cherries. One of the major benefits is the significant level of melatonin, according to Dave Schartner, president of the Wisconsin Cherry Growers, based in Door County.

Preeminent neuroendocrinologist Dr. Russel J. Reiter of the University of Texas Health Science Center in San Antonio recently conducted research on cherries and their melatonin levels.

"We were surprised at how much melatonin is in cherries, especially the Montmorency variety," Dr. Reiter said at the Cherry Marketing Institute's annual meeting, held at the Leathem Smith Lodge in Sturgeon Bay, WI. Considered the "Dean of Melatonin Research" by his peers, he has studied the advantageous effects of melatonin for more than three decades.

The hormone melatonin is a powerful antioxidant that is considered more potent than the vitamins C, E and A because it is soluble in both fat and water. The hormone is currently touted as a natural way to get more restful sleep.

Dr. Reiter noted that, as we age, the human body's ability to produce melatonin decreases, so increasing melatonin levels may be especially beneficial to the elderly.

Recent research from the University of Iowa, University of

Pennsylvania School of Medicine and the American Institute for Cancer Research in Washington, D.C., has indicated that the combination of melatonin with other antioxidants in cherries could have a wide range of additional health benefits, including increasing the immune function, relieving pain and possibly decreasing the risk of infection and cancer. In addition, a flavonoid called quercetin that is found in cherries can help prevent heart disease.

Melatonin and other naturally occurring antioxidants help slow down or prevent the oxidation process. Michigan State University researchers were the first to identify 17 compounds in Montmorency tart cherries with these antioxidant properties, which help prevent or repair damage done to the body's cells by free radicals — molecules that

are missing an electron.

Free radicals harm the body by taking an electron from vital cell structures, damaging the cell and eventually leading to disease. The health benefits of antioxidants occur when they donate one of their electrons to the free radical.

The next stage of the ongoing research at the University of Texas, according to Dr. Reiter, is to determine the amount of active melatonin available to the human body after the consumption of Montmorency tart cherries. Once researchers identify this figure, they will be able to calculate the optimum level of cherries that should be consumed to achieve the greatest health benefit.

For more information about the health benefits of cherries, download "Montmorency Tart Cherries — The Healing Fruit" at www.cherrymkt.org/media/generic.pdf.

TESTIMONIALS: The Power of Cherries

"Tart cherry juice concentrate is wonderful! In six weeks, I have enjoyed a great improvement in an arthritic knee and I'm able to sleep peacefully for seven hours. For me, life really is a bowl of cherries."

— Marie from Texas

"I could hardly walk because of the pain of gout in my feet. Once I started drinking cherry juice daily, the pain went away. I have been free of the pain of gout now for three years."

— Don from Florida

"I have had fibromyalgia for about 12 years. Since May 2002, I have been using tart cherry juice concentrate. It has turned my life around. While I am still on medication for the fibromyalgia, drinking the cherry juice everyday has helped tremendously with the pain."

— Aggie from Illinois

"I have arthritis and gout. I've been taking two separate prescriptions for these afflictions. I have been using tart cherry juice for about four weeks and I stopped taking the medicine. I'm not saying I won't need the medicine anymore, but it feels great not having to use all those pills."

— Tim from Michigan

RECIPES

True Decadence



As a gift for that special someone, you might want to try making your own chocolate-covered cherries. Add special flavor by using cherries from Cherry Bounce or marinating cherries in liqueur, vodka or scotch. Diane and Sam Pinkham came up with this recipe, which is served throughout the holiday season.

Chocolate-Covered Cherries with Bounce

8 T butter
1 can (14 oz) sweetened condensed milk
6 T corn syrup
1 tsp vanilla extract
1/4 tsp salt
3 lb. confectioner's (powdered) sugar
1-1/2 to 2 lb. tart cherries, pitted (Cherry Bounce cherries, with most of the liqueur drained, or frozen cherries, defrosted and marinated in your favorite brand of liqueur)
2 c semisweet chocolate chips
1/2 T shortening

Melt butter over low heat. Stir in condensed milk, corn syrup, vanilla extract and salt. Remove from heat and gradually stir in sifted confectioner's sugar; work it with your hands until smooth. Take a walnut-sized portion of fondant, depress a hole in the middle and place one cherry with a small amount of juice in the hole. Shape into a ball and place on a cookie sheet. Finish the fondant balls, then chill in the refrigerator until very cold.

Melt semisweet chocolate in a double boiler, adding the shortening to make the chocolate surface shiny. Drop the fondant-covered cherries into the melted chocolate to cover. Remove from chocolate with two forks and place on wax paper to cool.



Not Just for Dessert...

While Montmorency tart cherries are renowned for the role they play in cherry pie, cherry muffins, Cherry Bounce, cherry jam and even dried cherry snacks, they can add something special to entrees and side dishes as well.

When the warmth of summer fades and appetites turn to the comforting, savory dishes of autumn and winter, give this recipe a try.

Squash Bake

2 acorn squash
1/4 c butter or margarine, melted
1/2 c dried tart cherries
1/4 c chopped pecans
3 T firmly packed light brown sugar
1/2 tsp cinnamon

Cut each acorn squash in half. Remove seeds and fiber. Place cut side down in baking pan with small amount of water in bottom. Bake in a 350-degree oven 45 to 50 minutes or until squash is tender and can be pierced with a fork. (Or place squash cut side down in a microwave-safe container. Add a little water. Microwave on High — 100% power — for 5 to 7 minutes, turning dish once. Continue cooking, if necessary, until squash is tender.)

Meanwhile, combine butter, cherries, pecans, brown sugar and cinnamon. Heat on top of stove or in microwave oven until butter melts. Fill center of each squash half with one-quarter of the cherry mixture. Mix some of the cooked squash with the cherry filling. Serve immediately; makes 4 servings.

For more great recipes, visit www.wisconsincherries.org. Other recipes may be found at www.cherrymkt.org.

Door County, Wisconsin – Simply Perfect

While most sweet cherries are grown in the American West, the majority of tart cherries are grown in four states bordering the Great Lakes: Michigan, New York, Pennsylvania and Wisconsin. By far the most popular tart cherry is the Montmorency, which has been cultivated in the region since the earliest orchards in the mid-19th century.

Door County, a verdant, picturesque peninsula that juts into the blue expanse of Lake Michigan, is officially Cherryland for the state of Wisconsin. Consistently voted one of the Midwest's top vacation destinations, the peninsula has become synonymous with cherry pie and cherry orchards.

That's as it should be. With 2,000 acres of Montmorency tart cherries and 50 acres of sweet cherries that produced more than 13 million pounds of fruit in the last season, Door County is currently the nation's fourth-largest cherry-producing region. And the distinct flavor of the brilliantly colored Montmorency cherry has made Door

County cherry pie famous with locals and visitors alike.

While the earliest attempts at commercial horticulture in Door County were in the 1860s, these efforts largely focused on apples. According to early 20th century historian Hjalmar Holand, the first large-scale cherry orchards didn't take root until the 1890s, although there were small plantings scattered throughout the settlements prior to that.

"In 1896, they began to plant the sour cherries which was to become such a famous factor in Door County's industries and publicity," Holand wrote in his 1917 work *History of Door County, Vol. I*. "In 1908, 1909 and 1910 these crops became fabulously great and Door County received national attention. This peninsula, formerly supposed to be a land of pine

forests and icebergs, began to produce luscious cherries by the carloads, with such returns per acre as to be quite unbelievable."

Those famed Door County cherry crops continue into the 21st century, thanks to the special blend of conditions necessary for the commercial production of tart red cherries: well-drained sandy soils, cool spring weather to restrain the blooming cycle and consistent moisture replenishment. The region is a resounding success in all categories. For starters, the chilly waters of Lake Michigan and Green Bay ensure that the orchards develop slowly in spring. According to Holand, Door County's backward

spring "prevents a rapid, tender growth that would not be sufficiently hardy to endure subsequent frosts."

Holand also wrote, "In the fall of the year we have another effect of the waters, which so modify the temperature that there is a long time when frosts are not severe enough to destroy the leaves, but allows them to do their work to the fullest extent."

He noted that the region's cherries were known for being good shippers and keepers due to the climate in which they were grown.

Next, this maritime microclimate also provides adequate moisture, cooling relief from the heat of summer and protective snows that guard against severe cold damage in the winter.

Finally, Door County's backbone is the craggy Niagara Escarpment, which means that the county is a karst environment — an irregular limestone region whose underworld is riddled with sinks, subterranean streams and caverns. Therefore, its soils are easily drained.

For growing cherries, Door County is simply perfect.



Did You Know?

Cherry growers have adopted an integrated pest management (IPM) system and other similar practices that will protect the environment, improve operator safety and reduce overall pesticide use while maintaining the growers' high standards for quality.

Did You Know?

To ensure the longevity of their cherry orchards, growers must monitor tree growth, strength and overall health as well as manage fruit ripening. The trees' well-being in the long term means a more successful orchard, with plentiful harvests and top-quality cherries.

ANTHOCYANINS:

Tart Cherries May Reduce Cancer Risk

New studies at Michigan State University indicate that tart cherries may reduce the risk of colon cancer due to their anthocyanins, naturally occurring compounds that give the cherry its rich red hue. Anthocyanins have both antioxidant and anti-inflammatory properties, and antioxidants — in the form of both anthocyanins and melatonin — help the body destroy free radicals.

Dr. Mauraleedharan Nair, Dr. Leslie Bourquin and several graduate students worked on experiments that are part of ongoing research into the components of tart cherries. According to Dr. Bourquin, the study's laboratory mice who consumed tart-cherry anthocyanins had significantly fewer and smaller colon tumors than the mice in the control group. Such significant results may lead to human clinical trials; in the meantime, consumers may try eating cherries and drinking cherry juice for similar effects.

Dr. Nair has been researching the biologically active components of tart cherries and their healthful effects for more than 12 years. He believes a

steady supply of tart cherries can improve the overall quality of life, especially where pain relief is concerned.

"It will eventually be possible to identify the compounds in dietary ingredients that can reduce chronic disease," Dr. Bourquin says. "We will continue to move in that direction."



Listing of Members

Wisconsin Cherry Growers, Inc.

(for more information, visit www.wisconsincherries.org)

Alexander's Orchard	Jerome Koessl	Rural Insurance
Curt Bawden	Dale Kreft	Jean Sawyer
Bea's Ho-Made Products	Daniel Krowas	Tom Sayer
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Gerald Kita	Robertson Orchards	WI Peninsula
Jeff Kita	Clyde Robillard	Experiment Station
James O. Knutson	Rocky Ridge Orchards	Zettel Farms

Queen of Cherryland

The 2004-2005 Wisconsin Cherry Queen is Terin Jackson, and her official crowning took place in May at Orchard Country Winery & Market in Fish Creek as departing queen, Angela Kroening, coronated Terin with a sparkling crown.

The 19-year-old's outgoing personality led her to try for the title of Miss Door County for the last two years, giving her some practice for going in front of the Wisconsin Cherry Queen judges this spring. "I'm looking forward to helping promote cherries," Terin exudes. "I love them, and they have a lot of health benefits."

Queen Terin met her subjects for the first time while riding in the Jacksonport Memorial Day Parade. Other events scheduled for the queen include Olde Ellison Bay Days, county fairs and statewide conferences. Terin has self-published a booklet with her favorite cherry recipes, available

wherever she appears and through the Wisconsin Cherry Growers.

Jackson lives in Brussels with mother Cheryl, sister Shaina, a cat named Kitty Cow and a dog named Boy. Her family also includes father Mark and stepbrothers Matt and Mitch Schroeder. The new Cherry Queen is a student at the University of Wisconsin/Green Bay, going toward a degree in communications. "I hope to be an on-camera anchor someday," she states. "I just love people, love meeting them and finding out about them."

Her calendar will be filled with royal activities, but in her free time, Terin plans to pursue her favorite hobbies: four-wheeling, swimming and playing soccer.



Visit A Market Today, in CHERRYLAND USA

Orchard Country Winery & Market

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www.orchardcountry.com
orchardcountry@dcwis.com



Nestled between blossoming orchards in the heart of Door County lies a unique family-owned business.

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fax: 920-868-3067
orchard@hylineorchards.com
www.hylineorchards.com

HyLine features fresh, frozen, canned and dried cherries, plus jams, jellies, butters, pie fillings and honey. Our syrups include cherry, apple, cherry-apple and maple (which is even available by the gallon). HyLine features its own orchards and processing plant.



White Gull Inn

4225 Main Street • PO Box 160
Fish Creek, WI
920-868-3517
toll-free: 888-364-9542
www.whitegullinn.com
Innkeeper@whitegullinn.com
Famous for hearty breakfasts, especially a delectable cherry stuffed french toast. The White Gull Inn serves three meals a day. In the heart of Fish Creek, the Inn is off the main highway yet close to beaches, the harbor, art galleries and shops, music festivals and summer theater.



Bea's Ho-Made Products

763 Hwy 42
Ellison Bay, WI
920-854-2268
beashomadeproducts@dcwis.com
Wisconsin red tart cherries are featured in abundance year-round at Bea's Ho-Made Products on the very tip of the Door Peninsula in Gills Rock. At Bea's you can watch jams, jellies, pickles and ho-made pies being made in our kitchen. Only the finest and freshest products, locally grown, are used to make the cherry products and other garden products we offer.



Bea's Ho-Made Products, Ltd

Seaquist Orchards Farm Market



PO Box 204 • Sister Bay, WI
920-854-4199 • fax: 920-854-9722
www.seaquistorchards.com
seaquistorchards@dcwis.com
Seaquist Orchards Farm Market is the premier cherry grower and retailer of cherries and cherry products in Wisconsin. The market is located north of the scenic little village of Sister Bay, near the tip of the Door Peninsula. As your children enjoy our playground, you may sample and shop throughout our market, Cherry Branch gift area, bakery, apple barn and greenhouse. Be sure to take home some of our Door County jams, dried cherries, dressings, bakery and fudge along with our homegrown fruit and delicious apple cider.



Schartner's Farm Market

6476 Hwy 42 • Egg Harbor, WI
920-743-8617
www.wisconsincherries.org/schartners.html

Schartner's is a family farm that grows its own quality produce. Sweet and tart cherries are available in many forms—including our popular cherry pie and a wide variety of other delicious cherry products. We tap our trees to make pure maple syrup, and our gardens yield a wide variety of vegetables and fruits.



Schopf Hilltop Dairy

5169 County Road I • Sturgeon Bay, WI
920-743-0212 • fax: 920-743-8577
rox@itol.com
www.dairyview.com

Schopf Hilltop Dairy features a state-of-the-art 400-cow freestall barn and includes a classroom, tour facilities and on-site ice cream processing center. Our innovative mix of dairying and tourism has been recognized in numerous journals and magazines.



Cherry Lane Orchards

7525 Cherry Lane
Forestville, WI 54213
920-856-6864
fax: 920-743-3876

www.cherrylaneorchards.com
Cherry Lane Orchards' 13 acres include 1,400 tart cherry, 30 sweet cherry and 120 apple trees. Our primary focus is on providing ready-picked cherries or a memorable pick-your-own experience for Door County locals or visitors.



Cherryland's Best

W2751 Fullview Drive
Appleton, WI
920-687-1440

www.cherrylandsbest.com
bjoosten@cherrylandsbest.com

Cherryland's Best, a family-owned company, started producing Door County cherry juice products in 1994. Since then, we have added dried cherries, chocolate dried cherries, cherry berry mix and other dried fruits to our product mix.



Wienke's Market

292 Hwy 5
North Algoma, WI
920-487-5722
fax: 920-743-9168
wienkes@wienkes.com
www.wienkes.com

Family-owned and operated for over 35 years, Wienke's Market offers a large selection of homemade cherry products, including cherry cheddar cheese, cherry sausages, fresh cherries in season, frozen cherries, 10 varieties of cherry jam, canned cherry pie filling, no sugar added cherry products, and fresh baked cherry pies. Our in-store bakery features country scratch muffins, breads, cookies, and Norwegian lefse. Open daily year-round, six miles north of Algoma, nine miles south of Sturgeon Bay.



Country Ovens, Ltd.

229 E. Main • Forestville, WI
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The Home of Cherry De-Lites! Country Ovens has been producing Cherry De-Lites since 1987. Dried red tart Montmorency cherries are unsurpassed in quality and flavor. Cherry De-Lites are all natural, made exclusively from premium Grade A fancy cherries. No artificial colors or preservatives are added. Country Ovens has enhanced their Cherry De-Lite line of products with the addition of other natural, premium Midwest dried fruits.



Koepsel's Farm Market

9669 Highway 57 • Baileys Harbor, WI
phone/fax: 920-854-2433
info@koepsels.com
www.koepsels.com

A familiar sight along Highway 57 between Baileys Harbor and Sister Bay, Koepsel's Farm Market not only provides dozens of cherry products—from chopped black cherry and whole cherry jam to cherry butter—the Market also has other fruit jams, jellies and no-sugar jams, along with gourmet cheese, their famous Vidalia Onion salad dressings and dozens of canned delicacies ranging from "hot dilly beans" to garlic dill pickles and caraway kraut.

