



CC Orchards

Farmer Joe's

100% Sweet Cherry Juice



Sweet vs Sour Cherries: Both sweet and tart cherries are rich in the protective plant compounds known as polyphenols. Anthocyanins are one type of polyphenol. Research suggests that tart cherries contain a higher concentration of total phenolic compounds while sweet cherries contain more anthocyanins.

There's no real evidence, that the differences are significant.

Both types of cherries are high in anthocyanins compared to other foods. It may be that we hear more about the health benefits of tart cherries because of the way they are marketed.

Enjoy & Feel Better

