



Cherry (lat. *Prúnus subg . Cerasus*)

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Abstract. The article discusses the main properties of cherries and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of berries are indicated, the use of cherries in various types of medicine and the effectiveness of its use in various diseases are considered. Potentially adverse effects of cherries on the human body under certain medical conditions and diseases are analyzed separately. The scientific foundations of diets with its application are considered.

Keywords: cherry, useful properties, potentially dangerous effects, side effects, contraindications, diets

Beneficial features

Table 1. Chemical composition of lemon (according to [Food+](#)).

100 g of fresh cherries contain [1]:					
Main substances:	G	Minerals:	mg	Vitamins:	mg
Water	86.13	Potassium	173	Vitamin C	ten
Carbohydrates	12.18	Calcium	16	Vitamin PP	0.400
Sugar	8.49	Phosphorus	fifteen	Vitamin A	0.385
Alimentary fiber	1.6	Magnesium	9	Vitamin E	0.07
Squirrels	1.00	Sodium	3	Vitamin B6	0.044
Fats	0.30	Iron	0.32	Vitamin B2	0.040
calories	50kcal	Zinc	0.10	Vitamin B1	0.030

The chemical composition of cherries largely depends on the variety, the composition of the soil and the climate in which it grows. However, in any case, fresh and dried fruits bring the greatest benefit to the body . Despite the fact that they cannot be defined as champions in terms of the content of one or another useful element, they more or less evenly present a wide range of vitamins and minerals. Interestingly, when drying cherries, nutrients are not only not lost, but their amount is increased. Berries do not tolerate freezing so well - some of the nutrients are still destroyed.

It is better to dry cherries without adding sugar, otherwise their calorie content increases. Berries canned in syrup and cherry jams are also distinguished by a high sugar content and high calorie content. In addition, they contain noticeably fewer vitamins and microelements, so the harm and health benefits of cherries are determined by the way they are prepared or harvested.

Medicinal properties

Looking at the above tables, we can conclude that cherries are rich in vitamins A and C (100 g of these berries will provide 20% of the daily requirement of retinol and 12% of ascorbic acid). In addition, they contain B vitamins, as well as vitamin E and PP. Cherry is also a source of the essential amino acid tryptophan, folic acid and pectin ^[6]. Moreover, berries contain potassium, phosphorus, calcium, magnesium, iron, zinc, copper, etc. But their main trump card is the content of antioxidants.

Eating cherries can have a positive effect on the functioning of the cardiovascular system. Vitamin PP, especially in combination with ascorbic acid, reduces capillary permeability and promotes the establishment of metabolic processes in the walls of blood vessels ^[7]. In addition, coumarins (mainly oxycoumarins) are present in the chemical composition of cherries, which are involved in regulating the blood coagulation process. Their effect can be compared with the effect of anticoagulants, which prevent the formation of blood clots.

It is impossible to ignore the fact that cherries contain vitamin B9 or folic acid. More importantly, along with it, iron and vitamin C enter the body from berries. This whole complex is extremely useful for anemia.

Due to the presence in its composition of a set of organic acids, namely ascorbic, citric, malic, cherries contribute to an increase in the acidity of the stomach and are recommended for gastritis (with low acidity). And the presence of salicylic, formic and succinic acids, in turn, determine the bactericidal properties of berries.

Cherry fruits are rich in antioxidants, in particular, anthocyanins - glycosides that determine the color of the berry. This plant pigment helps the body fight inflammation and oxidative stress that damages healthy cells ^[8]. In addition, anthocyanins remove uric acid from the body and prevent its crystallization and subsequent deposition on the joints. Thus, cherries can be an assistant in the treatment of gout, or at least help ease its attacks.

The pectin substances contained in cherries, which are considered excellent natural enterosorbents, help cleanse the body, removing toxic elements from it. They also help maintain normal cholesterol levels.

The presence of potassium and magnesium in the composition of the berry ensures the removal of excess fluid from the body. Eating cherries alone, of course, will not help solve the problem of edema, but in combination with reduced salt intake and active movement, you can count on a noticeable effect.

A significant amount of copper in the composition of the fruit suggests that it has sedative properties and contributes to calming the nervous system. However, this effect is not so pronounced as to count on qualitative changes in the condition of people with serious nervous disorders.

Note that together with the fruits of cherries, one of the essential amino acids enters the body - tryptophan, from which the hormones serotonin and melatonin are synthesized. The latter is actively involved in the regulation of circadian rhythms and has a positive effect on the duration and quality of sleep. Experiments have shown that drinking 240 ml of cherry juice daily for five days helps to eliminate sleep problems and helps people with insomnia to fall asleep ^[9].

The anti-inflammatory and antioxidant properties of flavonoids, which are part of the berry, provide rapid muscle recovery after active physical exertion ^[10]. Cherry juice helps to cope with pain and minor muscle inflammation and will be useful with regular exercise.

The use of cherries in medicine

To date, cherry fruits are not very actively used in conventional medicine, although the benefits and harms of this fruit are being studied by many scientists. But in pharmacology, **cherry gum is already being used** (a sticky mass protruding from a tree trunk in places where the bark is damaged). Due to its properties, it usually becomes a vaccine adjuvant - a substance designed to enhance the body's immune response to the introduced antigen.

In addition, it is used in drug delivery systems - to transport the drug directly to the desired organ or cells. Sometimes gum also performs a purely technical function of an emulsifier, preventing the various components of drugs from mixing. Finally, "cherry glue", which has enveloping properties, is sometimes used in the manufacture of drugs aimed at treating gastrointestinal diseases.

It is also worth noting that recently herbal diuretics are gaining popularity. Unlike chemical medicines, they help get rid of excess fluid with less loss of useful elements. Among them is **a decoction of cherry stalks**. It is available in the form of biologically active food supplements and has a mild effect on the body. Pharmaceutical companies involved in the development of such drugs claim that, due to the presence of potassium and flavonoids in the composition of cherries, the supplement helps fight inflammation of the urinary tract.

Finally, given that cherries have a strong pleasant smell, natural flavoring is widely used to improve the taste and smell of medicines (lozenges, tablets, potions, syrups, powders, etc.)

Cherry in folk medicine

Since cherry is a very common and affordable product with a lot of useful substances, it is often used in traditional medicine recipes. From the fruits and other parts of the plant (gum, leaves, stalks, twigs) prepare infusions, decoctions, potions, make compresses and baths. However, you should not get involved in self-medication and if you have health problems, you should definitely consult a doctor. With the approval of a doctor, cherries can be a good addition to medical treatment, but not a replacement.

By themselves, fresh berries are considered a mild laxative. They help to solve the problem of constipation that occurs with a person's low mobility. Cherry is also an effective assistant in the fight against bad breath. It should be clarified that the fruit will not solve the health problems that result in bad breath. But in cases where you have eaten a product that releases sulfur compounds when digested (for example, garlic), cherries will help neutralize the "aroma".

There are many folk recipes that contribute to the fight against hypertension. So, according to one of them, it is necessary to grind in a blender or mince 200 g of fresh pitted cherries, 2 cloves of garlic and 1 tablespoon of honey. Take this mixture one tablespoon daily before breakfast.

As for fresh cherry juice, folk healers recommend using it for epilepsy and some mental illnesses. The drink has a sedative effect due to the copper it contains. It also has a positive effect on the digestive system, improving appetite. Moreover, it is believed that the juice is able to fight dysentery pathogens and will be effective in fever and bronchitis (as an expectorant). Finally, the combination of cherry and watermelon juice prevents the formation of kidney stones. Usually drink one glass after each meal.

Cherry gum, or simply wood "glue", wraps well and is therefore recommended for the treatment of inflammation of the mucous membranes of the intestines and stomach. Traditional healers claim that its regular use reduces and normalizes the acidity of the stomach, thereby helping to get rid of heartburn and pain attacks in the right side. In addition, gum promotes the rapid healing of unexploded calluses. After a warm bath, rinse your feet with cool water, apply fresh "glue" to the sore spot and secure with a band-aid.

Finally, cherry tree leaves are considered a good remedy for stopping nosebleeds and speeding up wound healing. Traditional healers recommend dipping cotton swabs or dressings in gruel from crushed fresh leaves.

Decoctions

For colds accompanied by a sore throat, folk healers advise putting 500 g of fresh cherries in 500 ml of dry red wine and boil for 10 minutes. At the end, add some sugar. You need to take a drink for half a glass 3-4 times during the day. Also, cherries can be used as an antipyretic for colds in children. You should take 100 g of dried fruits, pour them with 500 ml of water and keep on low heat until about a third of the volume of liquid has evaporated. When drinking, the drink should be warm.

In addition to the berries themselves, leaves are often used to make decoctions. For example, in case of liver diseases, it is recommended to take 10 g of crushed leaves, add 1 glass of milk and boil over low heat for 30 minutes. Then the broth is filtered and taken 100 ml three times a day. Note that before cooking, the leaves must be thoroughly washed.

Cherry twigs are considered very useful in folk medicine. They should also be thoroughly washed, pour hot water, bring to a boil and boil for 5 minutes. The resulting liquid must be filtered through cheesecloth and allowed to cool. Such a decoction is usually drunk for indigestion and colic in a glass 3-4 times a day. You can also add a little milk to it and wipe your feet with it every morning and evening. According to folk doctors, such a procedure will help relieve fatigue and make the skin of the legs soft.

Another ingredient often used in folk medicine is cherry stalks. They are offered to treat inflamed joints (arthritis, gout, rheumatism), as well as use them for urolithiasis and edema as a diuretic. As a rule, a decoction is prepared at the rate of 40 g of stalks per 1 liter of water. Washed cherry "tails" are poured with water and boiled over low heat for 10 minutes. Then the broth is filtered and cooled. It should be taken half a glass 3 times a day before meals. Also, this drug can rub the joints at night.

infusions

Infusions from fruits, leaves, stalks and twigs of cherries are recommended for use in colic, indigestion, high fever, bronchitis and heart disease. In case of problems with the gastrointestinal tract, they usually take about 10 leaves, wash them and pour 500 ml of boiling water. Liquids are allowed to brew under the lid for about 30 minutes. After straining through gauze and cooling, the infusions are drunk half a cup 4 times a day.

In order to bring down the temperature, it is proposed to pour 300 g of fresh pitted berries with boiling water, let them brew under the lid for 30 minutes and drink the antipyretic drug while warm. In chronic bronchitis, 1 teaspoon of chopped stalks is poured with one glass of boiling water and allowed to brew a little. You need to drink 3-4 times a day. You can also take about 10 cherry branches up to 10 cm long, pour 1 liter of water over them, boil for 5 minutes and let it brew for about half an hour. Drink several times a day, adding honey.

To prepare an infusion for pain in the heart, you should take dried cherries, add dried hawthorn or wild rose fruits to them, pour boiling water and leave to infuse under the lid for 40 minutes. Take half a glass three times a day before meals.

Cherry in oriental medicine

Already in ancient times, cherries in the east were used not only as a food product, but also as a remedy. For example, it was believed that it lowers blood pressure, treats nausea, calms the boil of bile, strengthens the liver and stomach. The crushed bones, together with the wick, were inserted into the opening of the penis to heal the urinary tract. And the monks used cherries to crush stones in the bladder. Cherry juice mixed with wine was considered a good helper in the fight against cough.

Cherry was also used as a cosmetic product. For example, it was believed that applying cherry juice to the face would help whiten the skin and smooth out wrinkles. In addition, the berries were used to treat various women's problems, improve lactation and with heavy menstruation.

In Chinese folk medicine, this berry is still considered a means of storing internal energy " qi ". In addition, it is used externally in the treatment of skin diseases and wounds. It is also used for rheumatic inflammations.

In order to cleanse the body, warm the stomach and stop bleeding, Chinese folk healers use the leaves, twigs and even the roots of the plant. However, they warn against excessive consumption of this fruit, as it can lead to an imbalance in the yin and yang energies in the body.

Cherry in scientific research

It has long been noted that, due to its chemical composition (a rich and varied set of vitamins and a large number of trace elements), cherry fruits and other parts of this plant have a beneficial effect on various human systems and organs. However, researchers are seeking to obtain more detailed information about the properties of this berry and its ability to fight certain diseases.

So, American scientists confirmed the assumption that cherry juice improves the quality and duration of sleep. According to their experience, people suffering from insomnia can get rid of this problem by making it a habit to drink 2 glasses of fresh cherry juice a few hours before bedtime. According to them, the duration of sleep increases by an average of 90 minutes. The mechanism of action is explained by the presence in the composition of cherries of chemical compounds of proanthocyanidins, which slow down the breakdown of tryptophan, which, in turn, is involved in the synthesis of melatonin, the sleep hormone ^[11].

Cherry juice has also been found to affect blood pressure. In one study on this topic, two hours after drinking a 300 ml fruit drink, subjects with a tendency to hypertension markedly reduced both their systolic (upper) and diastolic (lower) pressure readings. After 6 hours, the condition completely returned to normal ^[12].

Scientists place special emphasis on the fact that in order to achieve the desired effect, it is necessary to strictly observe the dose and time. So, if the participants in the experiment took the same 300 ml of juice, but in portions of 100 ml for three hours, then there were no significant changes in their blood pressure. Thus, we can conclude that the necessary processes are launched in the body only after the simultaneous assimilation of a certain dose of juice ^[12].

If we are not talking about a local way to deal with pressure surges, but about the treatment of hypertension, then in another experiment, the researchers managed to achieve a long-term

normalization of the test subjects' pressure indicators after drinking 480 ml of cherry juice daily for 12 weeks. Moreover, they had a decrease in cholesterol levels ^[15].

Recent studies by Russian scientists have shown another possible use for cherry gum. In addition to being used as a vaccine adjuvant and emulsifier, it can also be used as an independent wound healing drug. So, it was found that, thanks to the polymer of galactose and arabinose in its composition, cherry "glue" provides an antibacterial effect. After conducting an experiment on mice, the scientists concluded that gum powder is most effective at the initial stage of the wound process. It eliminates microbes from cells, does not irritate neighboring tissues, and speeds up the healing process ^[13].

According to recent research by scientists from the United States, the fruits themselves are high in antioxidants, which makes it possible to combat oxidative stress, reducing the risk of destruction of healthy cells in the body. It also helps to regulate the level of triglycerides (substances that accumulate in adipose tissue cells) in the blood. It is known that these lipids are the energy resource of the body, but uncontrolled consumption of fatty foods, in particular fast food, leads to their excessive accumulation in the vessels and, as a result, the development of atherosclerosis and other cardiovascular diseases ^[14].

A study showed that eating cherries in combination with a 30-minute exercise shortly before eating a fatty meal reduces the risk of excessive accumulation of triglycerides, due to the increase in antioxidant activity of the body ^[14].

In addition, the beneficial properties of cherries are attracting the attention of scientists looking for an alternative to remedies that prevent bone damage in rheumatoid arthritis. Existing drugs have serious side effects and cannot be used on a permanent basis. Studies in mice have shown that cherry-based preparations may be of benefit as a prophylactic in chronic rheumatoid inflammation ^[16].

Finally, several recent studies have demonstrated the benefits of cherries for athletes. The anti-inflammatory and antioxidant properties allow athletes to train longer and harder, as well as speed up the recovery process. In one experiment, professional runners consumed 710 ml of cherry juice daily a week before and a few days after participating in a marathon. It was noted that they experienced less muscle pain and their recovery was faster compared to the placebo group of runners ^[17].

Cherry Weight regulation

Cherry is considered a product that promotes weight loss. This is partly true, because fresh fruits contain a low amount of calories - only 50 kcal per 100 g. Although you should be aware that eating cherries alone will not lead to magical results. To get the effect, you must also introduce other healthy foods into the diet and play sports.

However, cherries can be a good weight loss aid because they are not only low in calories but also rich in dietary fiber. They slow down digestion and saturate a person for a longer time. Thus, berries can be a good alternative to a snack consisting of sandwiches or sweets.

In addition, cherries have a low glycemic index and do not provoke a sharp increase in sugar levels in the body. By the way, according to a study conducted by American scientists in 2014, diets that include foods with a low glycemic index lead to greater weight loss than diets that include foods that are low in fat ^[19].

By the way, nutritionists especially recommend eating cherries if you often eat fast food or any other fatty foods. Berries help to reduce the rate of accumulation of fats, in particular triglycerides, reduce the risk of developing cardiovascular disease and type 2 diabetes ^[18].

Cherry in cooking

Cherry is a common and affordable fruit, so it can be found in almost any cuisine in the world. This berry is especially loved in Ukraine, where dumplings with cherries are considered one of the traditional national dishes. In general, jams, jams, sauces are prepared from cherries, they are added as a filling to cakes and pies, duck is stuffed with them, they are used to make compotes, jelly, smoothies, cocktails, liqueurs (portuguese ginjinha), liqueurs. Interestingly, the leaves of the plant are added to cucumbers during preservation to give them crunchiness.

An unusual use for cherries was found in Japan. Firstly, they sell chips with the taste of this berry, and, secondly, ice cream with an extraordinary combination of tomato and cherry is popular. By the way, if we talk about combining this fruit with other products, then strawberries, raspberries, citrus fruits, bananas, nectarines, chocolate, vanilla, cinnamon, hazelnuts and almonds are well suited. From drinks, cherries are combined with cognac, wine, vermouth. You can add this berry to fermented milk products and cheeses.

For example, it is very appropriate in a summer cottage cheese jelly cake, which is easy to prepare and does not require baking. To prepare it you will need:

- 500 g cherries;
- 500 g sour cream;
- 500 g of cottage cheese;
- 500 g of sugar;
- 100 g of oil;
- 200 g of ordinary cookies;
- 50 g of gelatin;
- 1 pack of cherry jelly.

Crushed cookies must be mixed with melted butter and, having formed a cake, put it on the bottom of the mold. Then you need to beat cottage cheese, sour cream and sugar, add gelatin and beat everything again until a homogeneous mass is obtained. Half of the cherries should be pitted, ground to a puree and poured into the already prepared cream. Pour the resulting mixture into the cake and put in the refrigerator until it hardens. Put the remaining cherries on the cake and fill the top with cooked jelly. Put the cake back in the fridge until it hardens.

By the way, for quick pitting of cherries, you can use special machines or manual devices. They make the process much easier and faster. If, for cooking or decorating a dish, you need to cut already peeled cherries in half, then you can resort to the life hack used for slicing cherry tomatoes. True, it should be borne in mind that this method will only work if you have large enough and not overripe fruits. So, the berries are laid out tightly on a flat plate or plank, covered with something equally flat on top and, holding the top with a hand, pass between them with a sharp knife, thus cutting them into two halves.

Finally, it should be noted that cherries are among the top ten fruits and vegetables most susceptible to pesticide contamination. In order to clean the fruit, it is recommended to mix 1 tablespoon of lemon juice, 1 tablespoon of vinegar and 1 glass of water. In this solution, the cherries should lie down for 10 minutes, and then they should be washed with running water.

What kind of drinks do not add cherries. These are hot punch, mulled wine, tea, and cooling smoothies, juices, compotes, and various alcoholic cocktails. In our opinion, the recipe for winter berry tea deserves special attention. To prepare it, you need to knead a handful of thawed cherries with mint and honey, add 500 ml of hibiscus and lemon. Among summer drinks, a refreshing smoothie stands out.

To prepare it, you need to grind a glass of mint leaves, 200 g strawberries, 200 g cherries, 2 bananas in a blender and add 1 glass of water.

Cherry in cosmetology

Not so long ago, Chinese scientists conducted an experiment that demonstrated the effectiveness of an extract of cherry blossom petals in the fight against skin inflammations of various etiologies. Probably not far off the appearance of appropriate cosmetics. As for already existing cosmetics, it is worth paying attention to natural cherry seed oil.

It is extracted from crushed raw materials by cold pressing. Heating, refining or any other additional purification deprives the oil of unsaponifiable fractions - biologically active substances that promote skin regeneration. Therefore, you need to carefully read the labels when purchasing the product and pay attention to the method of extraction.

The oil is based on oleic, stearic, linolenic and palmitic acids, as well as antioxidants, tocopherols, vitamins E and A. Due to the presence of rare eleostearic acid, this remedy is considered one of the best natural protectors from ultraviolet rays. It can be used not only on the face, but also for the care of the skin of the whole body, as well as on the lips and around the eyes. Its texture is light and absorbs quickly.

Creating an invisible protective layer on the skin, the oil not only protects it from the sun, but also prevents the evaporation of moisture, balancing the hydrolipidic balance. Also, the product has a light nourishing effect, promotes collagen synthesis and maintains the structure of the skin. With systemic use, it can even be classified as anti-aging cosmetics.

There is also a huge variety of folk recipes for cosmetics based on cherries. Most of them are face masks. Among the most popular are the following:

- cherry-honey (5 ripe berries + 1 teaspoon of liquid honey) - for dry skin type;
- cherry-egg (5 ripe berries + 1 egg yolk) - for oily skin type;
- cherry sour cream (5 ripe berries + 1 teaspoon of sour cream) - for normal skin type.

Dangerous properties of cherries and contraindications

Cherry contains many useful elements and, in general, has a beneficial effect on the body. However, at the same time, this fruit is rich in organic acids, so it should be consumed carefully and not in too large portions (no more than a glass at a time). In this case, only the dosage separates the benefits and harms. Also, it is better to completely refuse the use of cherries when:

- susceptibility to allergies or hay fever (seasonal allergic reaction to plant pollen);
- exacerbation of stomach ulcers;
- gastritis with high acidity;
- cystitis;
- chronic lung diseases.

In addition, it is not recommended to eat cherries on an empty stomach, as this can lead to irritation of the gastric mucosa. You should also rinse your mouth after eating berries and fresh cherry juice, as they can erode tooth enamel. Finally, you should be careful about cherry pits, which, when swallowed, release hydrocyanic acid and can have a toxic effect on the body. True, if you accidentally swallowed one nucleolus, you should not worry, the lethal dose is about 50 seeds.

Despite some contraindications, if consumed in moderation, cherries bring invaluable benefits to the body: they start regeneration processes, strengthen the nervous and cardiovascular systems, lower cholesterol levels and prevent many diseases.

How to choose and store cherries

Fresh cherries should be resilient, but not hard - when pressed lightly, there should be a feeling that the berry may crack. Fruits must be with petioles, otherwise, due to tearing of the skin, they begin to lose juice and quickly deteriorate. The saturation of the color of the fruit does not always indicate their ripeness, but may indicate belonging to one or another variety (some cherries, even when ripe, remain scarlet without acquiring a burgundy hue). Cherries are usually stored in the refrigerator. Unripe fruits can lie for up to ten days, and mature ones for about five.

If we talk about harvesting cherries for the winter, then traditionally jams are made from it and jams are made. However, heat treatment deprives the berries of most of the vitamins, and the sugar used by all means significantly adds calories. In addition, if you preserve cherries with pits, then they must be eaten within a year, otherwise poisonous hydrocyanic acid begins to form. But the cherry retains all its beneficial properties when dried. You can store such a product in the refrigerator and this is one of the best ways to winter harvest.

You can also freeze berries. Although the amount of vitamins, especially vitamin C, will decrease slightly, cherries will still be beneficial in the cold season. It is recommended to freeze fruits immediately after picking. If you buy berries in supermarkets, it is advisable to ensure that there are as few pieces of ice in the package as possible, and that the fruits are free from rot. By the way, recently shock freezing has become more and more popular, when the product is placed in a vacuum package and subjected to such low temperatures that instead of the usual 2-3 hours, it freezes in 30 minutes and loses less useful substances.

Interesting Facts

Cherry trees grow in almost all corners of the world and attract not only the opportunity to harvest tasty and healthy fruits, but also the opportunity to enjoy the extraordinary beauty of plants during their flowering period. In Asian countries, for example, in addition to ordinary cherries, a large number of ornamental plants called sakura grow. At the end of March - at the beginning of April, they turn the cities into a white-and-pink flowering splendor, which attracts millions of tourists to admire.

By the way, in Japan there is even a special expression "o-hanami", which refers to the tradition of admiring cherry blossoms. Recently, more and more decorative cherry trees appear in other countries of the world. For example, in Copenhagen, Prague, New York, there are already large parks almost completely planted with these trees.

Cherry came to us from Byzantium back in the 11th century. And already in the XII century. Yuri Dolgoruky founded the first gardens in the Moscow region. In the XVIII-XIX centuries. the first industrial gardens began to appear in the Russian Empire.

By the way, at the beginning of the twentieth century. the play of A.P. Chekhov "The Cherry Orchard", in which the cherry tree plays a plot-forming role. In addition, the famous children's writer J. Rodari in The Adventures of Cipollino depicted two countesses in the form of cherries, giving them the appropriate names - Countess Cherry, and called their young nephew Count Cherry.

In 2007, in Russia, in the village of Bolshiye Bakaldy, a museum dedicated to cherries was opened. It has been here since the 17th century. grow and process these berries. And in the city of Glubokoe, in

Belarus, a festival dedicated to this fruit has been held since 2013. In the same place, a monument was erected to the cherry tree and a large garden of 1414 trees was laid (the year the city was founded). The cherry blossom festival is held annually in April in South Korea. As for the monuments, they can be found not only in Belarus, but also in Russia (Vladimir), and even in the USA (Minneapolis).

Interestingly, in English, cherries and sweet cherries have the same name "cherry". And for clarification, they usually use words that describe the taste of fruits: "sour" (sour - refers to cherries) and "sweet" (sweet - refers to cherries).

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Cherry - useful properties, composition and contraindications

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