

2015-2016 Apple Commissioners

- Bill Ford, Chairman
- David Obermeyer, Vice-Chairman
- Daniel Rowley, Secretary/Treasurer
- Jim Carver
- Ryan Henggeler

Apple Commission Memberships

- US Apple Association
- Northwest Horticultural Council
 - Export Committee
 - Science Advisory Committee
- Northwest Fruit Exporters
- Produce Marketing Association
- United Fresh Produce Association
- Idaho Preferred
- Buy Idaho
- Ag in the Classroom

University of Idaho- Specialty Crop Grant Funds ISDA

In Search of Sustainable Rootstocks to Improve Yield Efficiency, Precocity, Mineral Nutrient Uptake, and Fruit Quality of Apples in Idaho

\$106,491.00, Allocated; \$84,207.00 Matching

The Impact of Tree Architecture and Girdling at Full Maturity in a Modern Super High Density Orchard on Yield Efficiency, Fruit Quality, Mineral Partitioning and Postharvest Physiology of Apples in Idaho

\$131,124.00, Allocated; 38,462.00 Matching

Thank you Essie!!!!

2015 Apple Specialty Crop Grant

Creating Awareness of Idaho Apples through In-store Promotion, Web Site Development, and Social Media

Abstract:

The <u>proposal "Creating Awareness of Idaho Apples through In-store Promotion, Web Site Development, and Social Media"</u> outlines a project that will be conducted by the Idaho Apple Commission. The two-year project will be the development, creation, and distribution of a 5-6 minute video showcasing the apple growing, maturity, and the harvest and packing season of Idaho apples, and still photography will be acquired for each stage. The video and photography will be used on the Commission's web site and Social Media channels.

| Apple Budget | |
|---------------|----------|
| Grant Funds | \$18,855 |
| Cash Matching | \$500 |
| In-Kind | \$594 |
| Total | \$19,949 |

Taiwan Buyers Luncheon – July 22, 2015



Apple and Cherry Events

- Canyon County Fair July 23-26, 2015
- Western Idaho Fair, Expo Idaho August 21-30, 2015
- Twin Falls County Fair September 2-7, 2015
- Association of Nutrition and Foodservice Professionals Workshop September 24, 2015
- Idaho State Horticulture Annual Report November 11, 2015
- Buy Idaho Capitol Show January 20, 2016

Idaho Apple Donations

- · Apples to the Capitol Legislative Session
- Leadership Idaho Ag February 18, 2015
- House Ag Committee February 26, 2015
- Senate Ag Committee March 12, 2015
- Idaho Ag Summit February 16, 2015
- Meridian FFA Expo September 22-24, 2015
- St Luke's FitOne September 26, 2015
- Simplot Farm Safety Day (Parma R & E Center) September 29, 2015

Apple Promotional Materials





Idaho Apple Commission 2015-2016 Financial Statement and 2016-2017 Proposed Budget

| | 2014-2015 Financial Statement | 2015-2016 Financial Statement | Budget 2015-2016 | Proposed Budget 2016-2017 |
|---|-------------------------------------|-------------------------------------|---------------------|---------------------------------|
| Income: | | | | |
| Balance: | \$ 147,770.13 | \$ 147,909.23 | | |
| Crop Assessments | 25,871.83 | 366.05 | 57,000.00 | 57,000.00 |
| Interest Income | 34.40 | 446.98 | 50.00 | 750.00 |
| Assessments from Prior Years | 8,905.20 | 29,898.54 | 19,211.65 | |
| Specialty Crop Grant Money | 60,599.03 | 32,868.74 | 64,355.00 | 59,949.00 |
| Reserve Money | | | | |
| Total Income | 95,410.46 | 63,580.31 | 140,616.65 | 117,699.00 |
| Administrative Office: Audit Fee | | - | 2 | |
| Insurance/Workman's Comp | 114.10 | 3 = | 175.00 | 175.00 |
| Office Supplies/Equipment | (2) | 139.50 | Na. | - |
| Postage | 118.58 | 18.24 | 250.00 | 400.00 |
| Rent & % of Salaries | 11,153.00 | 4,647.13 | 11,153.00 | 11,153.00 |
| Telephone | - | 1 = 1 | 3# | |
| Office Travel | 410.65 | 382.41 | 400.00 | 300.00 |
| Total Administrative | 11,796.33 | 5,187.28 | 11,978.00 | 12,028.00 |
| | | | | |
| Promotion: | | | | |
| Production/Printing | 167.45 | 116.00 | 1,500.00 | 1,500.00 |
| Media | 0.555.00 | 2,250.00 | (-) | Ψ. |
| Local Promotions Trade Association | 2,555.20 | 1,924.43 | 3,000.00 | 3,500.00 |
| | 13,406.00 | 14,565.50 | 18,000.00 | 18,000.00 |
| Trade Meetings Promotion Programs | - | 3 0 | 1,700.00 | 1,700.00 |
| Promotion Misc.(Postage, Special, Fees) | | - | 150.00 | 450.00 |
| Total Promotions and Export Deve. | 16,128.65 | 18,855.93 | 24,350.00 | 150.00 24,850.00 |
| Total Total Color and Export Boyon | 10,120.00 | 10,000.00 | 24,000.00 | 24,000.00 |
| Grant Money Expended | | | | |
| 2011 Grant | 1,555.08 | ¥ | | |
| 2013 Grant | 59,043.95 | 32,868.74 | 30,000.00 | 20,000.00 |
| 2014 Grantt | | | 15,000.00 | 20,000.00 |
| 2015 Grant | | <u> </u> | 18,855.00 | 19,949.00 |
| 2015 Grant - Match | | | 500.00 | 500 |
| Total Grant Money Expended | 60,599.03 | 32,868.74 | 64,355.00 | 60,449.00 |
| Research Projects: University of Idaho | | | | |
| Current Season's Projects-Fallahi | 6,070.61 | 8,000.00 | 20,000.00 | 20,000.00 |
| E. Fallahi -09 Grant (11-12 Season) | | X 1 | | |
| Previous Season's Projects | | | | |
| Research Reserve | | | 12.0000000 | |
| Total Research Projects | 6,070.61 | 8,000.00 | 20,000.00 | 20,000.00 |
| Miscellaneous Expense: | | | | |
| Miscellaneous | 676.74 | 637.58 | 750.00 | 750.00 |
| Commission Travel | 0/0./4 | 037.00 | 750.00 | 750.00 |
| Miscellaneous-Other | | - | | if. |
| Total Miscellaneous | 676.74 | 637.58 | 750.00 | 750.00 |
| | 0,0,7 | | 7 00.00 | 7.50.00 |
| Grand Total | \$ 95,271.36 | \$ 65,549.53 | 121,433.00 | 118,077.00 |
| | | | | |

Idaho Apple Commission Balance Sheet

As of December 31, 2015

| | Approximate the second | |
|--------------------------------------|------------------------|------------|
| ACCETO | Dec 31, 15 | Dec 31, 14 |
| ASSETS | | |
| Current Assets | | |
| Checking/Savings | | |
| 1050 · U S Bank - Checking | 49,580.38 | 6,884.65 |
| 1060 · U S Bank - Savings | 10,150.31 | 10,149.84 |
| 1065 · U.S. Bank CD @ 0.50%, 4/23/17 | 55,411.58 | 54,975.33 |
| 1070 · US Bank Money Market Account | 17,062.32 | 32,039.34 |
| Total Checking/Savings | 132,204.59 | 104,049.16 |
| Total Current Assets | 132,204.59 | 104,049.16 |
| TOTAL ASSETS | 132,204.59 | 104,049.16 |
| LIABILITIES & EQUITY | | |
| Liabilities | | |
| Current Liabilities | | |
| Other Current Liabilities | ₩ | |
| 2403 · Specialty Crop Grant 2013 | -13,735.42 | -27,854.85 |
| Total Other Current Liabilities | -13,735.42 | -27,854.85 |
| Total Current Liabilities | -13,735.42 | -27,854.85 |
| Total Liabilities | -13,735.42 | -27,854.85 |
| Equity | | |
| 3900 · Operating Reserve | 147,909.23 | 147,770.13 |
| Net Income | -1,969.22 | -15,866.12 |
| Total Equity | 145,940.01 | 131,904.01 |
| TOTAL LIABILITIES & EQUITY | 132,204.59 | 104,049.16 |

Idaho Apple Commission

Profit & Loss Budget vs. Actual July through December 2015

| | Jul - Dec 15 | Budget | \$ Over Budget |
|--------------------------------------|--------------|------------|----------------|
| Income | | B - 100 | |
| 4050 · 2015 Crop Assessments | 366.05 | 30,000.00 | -29,633.95 |
| 4060 · Interest Income | 446.98 | 50.00 | 396.98 |
| 4065 · Specialty Crop Grants | 32,868.74 | 64,355.00 | -31,486.26 |
| 4075 · Previous Year's Assessments | 29,898.54 | 19,211.65 | 10,686.89 |
| Total Income | 63,580.31 | 113,616.65 | -50,036.34 |
| Expense | | | |
| 7100 · Administrative | | | |
| 7120 · Property Ins/Workman Comp | 0.00 | 175.00 | -175.00 |
| 7130 · Office Supplies/Equipment | 139.50 | | |
| 7140 · Postage | 18.24 | 250.00 | -231.76 |
| 7150 · Rent & % of Salaries | 4,647.13 | 11,153.00 | -6,505.87 |
| 7170 · Office Travel | 382.41 | 400.00 | -17.59 |
| Total 7100 · Administrative | 5,187.28 | 11,978.00 | -6,790.72 |
| 7200 · Trade Involvements | | | |
| 7220 · Trade Association Dues | 14,565.50 | 18,000.00 | -3,434.50 |
| 7549 · Trade Meetings | 0.00 | 1,700.00 | -1,700.00 |
| Total 7200 · Trade Involvements | 14,565.50 | 19,700.00 | -5,134.50 |
| 7300 · Promotion | | | |
| 7320 · Production and Printing | 116.00 | 1,500.00 | -1,384.00 |
| 7330 · Media | 2,250.00 | | |
| 7340 · Local Promotions | 1,924.43 | 3,000.00 | -1,075.57 |
| 7495 · Promotion Miscellaneous | 0.00 | 150.00 | -150.00 |
| Total 7300 · Promotion | 4,290.43 | 4,650.00 | -359.57 |
| 7662 · Miscellaneous | 637.58 | 750.00 | -112.42 |
| 7665 · Grant Money Expended | | | |
| 7668 · 2013 Grant | 32,868.74 | 30,000.00 | 2,868.74 |
| 7670 · 2014 Grant | 0.00 | 15,000.00 | -15,000.00 |
| 7671 · 2015 Grant | 0.00 | 18,855.00 | -18,855.00 |
| 7672 · 2015 Grant - Match | 0.00 | 500.00 | -500.00 |
| Total 7665 · Grant Money Expended | 32,868.74 | 64,355.00 | -31,486.26 |
| 7669 · Research Projects | | | |
| 7682 · Current Season Proj - Fallahi | 8,000.00 | 20,000.00 | -12,000.00 |
| Total 7669 · Research Projects | 8,000.00 | 20,000.00 | -12,000.00 |
| Total Expense | 65,549.53 | 121,433.00 | -55,883.47 |
| et Income | -1,969.22 | -7,816.35 | 5,847.13 |
| | | | |

Idaho Apple Commission Account QuickReport As of December 31, 2015

| | 2403 · Specialty Crop Grant 2013 | |
|---|----------------------------------|--|
| Check | Туре | |
| 06/30/2014 | Date Num | |
| 4 3428 Un | Num | |
| Check 06/30/2014 3428 University of Idaho | Name | |
| improved | Name | |
| Yield Efficiency 10/21/12 F/21/14 | Memo | |
| | | |
| 0.0 | Amount | |
| 0.00 | Balance | |
| | | |

| | | 2403 · Specialty Crop Grant 2013 |
|---|--|----------------------------------|
| | Check Deposit Check | |
| | 06/30/2014 3428 University of Idaho 07/30/2014 State of Idaho 08/20/2014 3435 University of Idaho 10/01/2014 3439 University of Idaho 10/01/2014 3443 University of Idaho 10/11/2014 3448 University of Idaho 11/11/2014 3448 University of Idaho 11/11/2015 3453 University of Idaho 01/23/2015 3453 University of Idaho 01/23/2015 3464 University of Idaho 02/23/2015 3471 University of Idaho 02/23/2015 3471 University of Idaho 02/23/2015 3475 University of Idaho 05/27/2015 3475 University of Idaho 05/27/2015 3484 University of Idaho 07/09/2015 3484 University of Idaho 07/31/2015 3491 University of Idaho 11/24/2015 3504 University of Idaho 11/24/2015 3504 University of Idaho | |
| | State of Idaho State of Idaho State of Idaho Special JA35 University of Idaho Jimprove JA43 University of Idaho Jimprove JA44 University of Idaho Jimprove JA45 University of Idaho Jimprove JA45 University of Idaho Jimprove JA45 University of Idaho Jimprove JA46 University of Idaho Jimprove JA47 University of Idaho Jimprove JA47 University of Idaho Jimprove JA47 University of Idaho Jimprove JA48 University of Idaho Jimprove JA47 University of Idaho Jimprove JA48 University of Idaho Jimprove | |
| | nt of Agr | |
| | ed Yield Efficiency 10/31/13 - 5/31/14 ty Crop Grant ed Yield Efficiency (7/1/14 - 7/31/14) ed Yield Efficiency (8/1/14 - 8/30/14) ed Yield Efficiency (9/1/14 - 6/30/14) ty Crop Grant ed Yield Efficiency (10/1/14 - 10/31/14) ed Yield Efficiency (11/1/14 - 10/31/14) ed Yield Efficiency (12/1/14 - 12/31/14) ed Yield Efficiency (1/1/15 - 1/31/15) ed Yield Efficiency (3/1/15 - 2/28/15) ed Yield Efficiency (3/1/15 - 3/31/15) ed Yield Efficiency (5/1/15 - 5/31/15) ed Yield Efficiency (8/1/15 - 8/31/15) | Mellio |
| 1 | 0.00 -1,233.76 -1,233.76 1,233.76 0.00 -1,538.69 -1,538.69 -5,213.89 -6,752.58 -6,129.52 -12,882.10 1,538.69 -11,343.41 -1,562.44 -12,905.85 -14,949.00 -27,854.85 -8,915.92 -36,770.77 -3,841.43 -40,612.20 -3,477.89 -44,090.09 27,854.85 -16,235.24 -7,750.72 -23,985.96 23,985.96 0.00 -3,934.70 -3,934.70 -1,729.75 -5,664.45 -5,008.79 -10,673.24 -14,124.53 -24,797.77 5,664.45 -19,133.32 -6,104.57 -25,237.89 19,133.32 -6,104.57 -7,630.85 -13,735.42 | Amount |
| | 0.00 -1,233.76 -1,233.76 1,233.76 0.00 -1,538.69 -1,538.69 -5,213.89 -6,752.58 -6,129.52 -12,882.10 1,538.69 -11,343.41 -1,562.44 -12,905.85 -14,949.00 -27,854.85 -8,915.92 -36,770.77 -3,841.43 -40,612.20 -3,477.89 -44,090.09 27,854.85 -16,235.24 -7,750.72 -23,985.96 23,985.96 0.00 -3,934.70 -3,934.70 -1,729.75 -5,664.45 -5,008.79 -10,673.24 -14,124.53 -24,797.77 5,664.45 -19,133.32 -6,104.57 -25,237.89 19,133.32 -6,104.57 -7,630.85 -13,735.42 | Balance |
| | | |

2015-2016 Cherry Commissioners

- Larry Ball, Chairman
- Richard Kincheloe, Vice Chairman
- Kelly Henggeler, Secretary/Treasurer
- Jim Mertz
- Keith Green

Cherry Commission Memberships

- Idaho Preferred
- Northwest Cherry Growers
- Ag in the Classroom

Cherry Activities

- Cherry Marketing Institute Yakima, Washington, January 16, 2015
- The Packer, June 8, 2015, United Fresh Edition



2015 Cherry Specialty Crop Grants

Creating Awareness of Idaho Cherries through In-store Promotion, Web Site Development, and Social Media

Abstract:

The proposal <u>"Creating Awareness of Idaho Cherries through In-store Promotion, Web Site Development, and Social Media"</u> outlines a project that will be conducted by the Idaho Cherry Commission. The two-year project will be the development, creation, and distribution of a 5-6 minute video showcasing the cherry growing, maturity, and the harvest and packing season of Idaho cherries, and still photography will be acquired for each stage. The video and photography will be used on the Commission's web site and Social Media channels.

| Cherry Budget | |
|---------------|----------|
| Grant Funds | \$21,159 |
| Cash Matching | \$500 |
| In-Kind | \$594 |
| Total | \$22,253 |

Cherry Promotional Materials







Idaho Cherry Commission

2015-2016 Six Month Financial Statement 2016-2017 Estimated Budget

| Inaama | | 2014-2015 Financial Statement | | 2015-2016 Six Month Financial Statement | Budgeted 2015-2016 | Estimated Budget 2016-2017 |
|---|-------------------|-------------------------------------|--------------------|--|--------------------------|------------------------------------|
| Income: | Balance: | \$ | 13,406.82 | \$ 19,322.80 | | |
| Crop Assessments Interest Income Specialty Crop Grant | | \$ | 29,106.67 1.79 | \$ 26,424.80 1.43 | \$ 20,000.00 10.00 | \$ 20,000.00 10.00 22,253.00 |
| Other Income | | | | S=0 | | |
| | Total Income | | 29,108.46 | 26,426.23 | 20,010.00 | 42,263.00 |
| Administrative, Office, Miscella | neous Expenses: | | | | | |
| Insurance/workman's Comp | | | (35.90) | - | 200.00 | 200.00 |
| Rent & % of Salaries | | | 3,847.00 | 3,847.00 | 3,847.00 | 3,847.00 |
| Office Supplies and Equipment | 7.0 | | = | = | 34 | - |
| Postage | | | 72.48 | 10.56 | 100.00 | 100.00 |
| Phone | | | : := :: |) = 2 | :=: | ::ec |
| Miscellaneous | | | 1,163.59 | 1,250.47 | 400.00 | 400.00 |
| Tot | al Administrative | | 5,047.17 | 5,108.03 | 4,547.00 | 4,547.00 |
| Commission Expenses: | | | | | | |
| Specialty Crop Grant | | | | | | 22,253.00 |
| Travel | | | 1,578.69 | 253.02 | 500.00 | 500.00 |
| Annual California Inspection | | | *: | | 500.00 | 500.00 |
| Mexico Cherry Inspection | | | 3.1 | - | 1,000.00 | 1,000.00 |
| Promotional Programs | | | ** | - | 5,000.00 | 5,000.00 |
| NWCG Promotional Assessment | | | 15,000.00 | - | 15,000.00 | 15,000.00 |
| Soft Fruit Research | | | 1,452.00 | 12 0 | 1,000.00 | 1,000.00 |
| Promotional Items | | | 114.62 | | 1,500.00 | 1,500.00 |
| Total Com | mission Expense | | 18,145.31 | 253.02 | 24,500.00 | 46,753.00 |
| | | | | | | |
| Grand Total | | | 23,192.48 | 5,361.05 | 29,047.00 | 51,300.00 |

01/21/16

Idaho Cherry Commission Balance Sheet

As of December 31, 2015

| · · | Dec 31, 15 |
|----------------------------|------------|
| ASSETS | |
| Current Assets | |
| Checking/Savings | |
| 1050 · US Bank - Checking | 35,178.09 |
| 1060 · US Bank - Savings | 5,209.89 |
| Total Checking/Savings | 40,387.98 |
| Total Current Assets | 40,387.98 |
| TOTAL ASSETS | 40,387.98 |
| LIABILITIES & EQUITY | |
| Equity | |
| 3900 · Operating Reserve | 19,322.80 |
| Net Income | 21,065.18 |
| Total Equity | 40,387.98 |
| TOTAL LIABILITIES & EQUITY | 40,387.98 |

Idaho Cherry Commission Profit & Loss Budget vs. Actual July through December 2015

| | Jul - Dec 15 | Budget | \$ Over Budget |
|-------------------------------------|--------------|-----------|--|
| Income | | | THE CONTRACT OF THE PARTY OF TH |
| 4050 · 2015 Crop Assessments | 26,424.80 | 20,000.00 | 6,424.80 |
| 4060 · Interest Income | 1.43 | 10.00 | -8.57 |
| Total Income | 26,426.23 | 20,010.00 | 6,416.23 |
| Expense | ** | | |
| 7100 · Workman's Comp and Insurance | 0.00 | 200.00 | -200.00 |
| 7200 · Rent &% 0f Salaries | 3,847.00 | 3,847.00 | 0.00 |
| 7240 · Annual California Inspection | 0.00 | 500.00 | -500.00 |
| 7250 · NWCG Promotion Assessments | 0.00 | 15,000.00 | -15,000.00 |
| 7260 · Mexico Cherry Inspectors | 0.00 | 1,000.00 | -1,000.00 |
| 7270 · Soft Fruit Research | 0.00 | 1,000.00 | -1,000.00 |
| 7280 · Promotional Items | 0.00 | 1,500.00 | -1,500.00 |
| 7290 · Promotional Programs | 0.00 | 5,000.00 | -5,000.00 |
| 7300 · Travel | 0.00 | 500.00 | -500.00 |
| 7301 · Office Travel | 253.02 | | |
| 7415 · Postage | 10.56 | 100.00 | -89.44 |
| 7425 · Miscellaneous | 1,250.47 | 400.00 | 850.47 |
| Total Expense | 5,361.05 | 29,047.00 | -23,685.95 |
| Income | 21,065.18 | -9,037.00 | 30,102.18 |

Parma Office Overview

- Idaho-E. Oregon Onion Committee
- Idaho-Oregon Fruit and Vegetable Association
- Idaho Apple Commission
- Idaho Cherry Commission

Web Site and Office Staff

- Web Site www.idahoapples.com
- · Web Site www.idahocherries.com
- · Candi Fitch, Executive Director
 - · candif@cableone.net
- Ann Jacops, Assistant Director
 - annjacops@cableone.net
- Debbie Edgar, Operations Clerk
 - · dedgar@cableone.net
- Susy Santos, Administrative Assistant
 - usaonoins@cableone.net

Thank you!!!

Questions and Answers

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2015 Taiwan Fresh Produce Buyers Delegation PMA Show/Idaho/California July 21-28, 2015

| Name | Company Name | Address | E-mail/Tel/Cell | Major Import Items | Products of Interest |
|---|--|--|---|---|---|
| Agent(A) D | distributor(D) E | xporter(E) HRI | (H) Importer(I) Processor(P) | Refailer(R) | |
| (1) Linda Lu, General Manager (2) Emma Lin, Manager (3) Zoe Lu, Manager | Three Shine Trading Co., Ltd. (A, I, H, P, R) | 4F, 41 Chiao An Street, Chungho, Taipei, Taiwan | Linda@3shine.com.tw Tel: +886-2- 8245-5580 Cell: +886-970-068-295 +886-970-180-109 emma@3shine.com.tw Zoe@3shine.com.tw | Fresh fruits & vegetable | Fresh fruit and vegetables, organic vegetables, frozen fruits, salad processor, fruit cutting and processing facilities |
| (4) Katy Yu, Specialist Assistant to President | Walker Grow-Rite International Co., Ltd. (D, I) | 10F, 26 Hsinyi Road, Section 4, Taipei, Taiwan | katy@walker-taiwan.com Tel: +886-2-2755-2477 Cell: +886- 988-068-432 | Fresh fruits, cherries; table grapes; apples; peaches; honeydew melon; potatoes | Fresh apples, cherries, stone fruits, honeydew melon, table grapes, blueberries, potatoes, carrots, and onions |
| (5) Donald Lee, President | Pride company (A, D, I) | 363, Sec. 3, Huang Nan Rd., Taipei, Taiwan | dhclee@gmail.com Tel: 886-2-2595-8848 Cell: 886-939-314-232 | lettuce, broccoli, celery, onions, potatoes, carrots, | lettuce, broccoli, celery, onions, potatoes, carrots, |
| 6) Cindy Chang, Agricultural Marketing Specialist | American Institute in Taiwan | Room 704, 136, Sec. 3, Ren Ai Rd., Taipei, Taiwan | <u>Changesf@state.gov</u> Tel: +886-2-2705-6536, Ext. 248 Cell: +886-930-922-725 | | |

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HEALTH BENEFITS OF

SWEET CHERRIES

Sweet NW cherries may be considered a summer treat, but they're easy to enjoy all year long and boast plenty of health benefits you may not know about. Aside from being high in fiber and low in calories, they can protect against serious diseases. See how this superfruit benefits both your body and your taste buds!

7 SWEET REWARDS OF THIS SWEET SUPERFRUIT

PROTECT AGAINST ALZHEIMER'S:

Flavonoids and procyanidin can help guard neuronal cells, reducing oxidant stress and fighting dementia

WARD OFF CANCER:

Fiber + vitamin C + carotenoids + anthocyanins = anti-cancer team

· Cyanidin and quercetin help by reducing free radicals

COMBAT HYPERTENSION

AND STROKE:

Potassium may reduce these risks, and cherries have more potassium (270 mg) than strawberries (254 mg) or apples (148 mg)

Sweet cherries
Strawberries
Apples
148 mg

FIGHT CARDIOVASCULAR DISEASE:

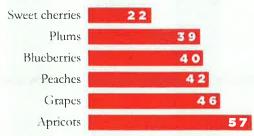
Anthocyanin also reduces inflammation, plaque and nitric oxide, keeping your heart strong and healthy.

 Quercetin's fight against free radicals helps ward off heart disease.

DISCOURAGE DIABETES:

Anthocyanin may reduce insulin resistance and increase glucose tolerance

Fruit Glycemic Index (Lower Is Better)



REDUCE INFLAMMATION:

Phytochemicals inhibit inflammation-causing enzymes, reducing pain from arthritis, injury and other ailments.

SLEEP BETTER AND Battle jet lag:

Melatonin regulates circadian rhythm, helping you get truly restful sleep while reducing the tiring effects of jet lag.

BEST WAYS TO ENJOY SWEET NORTHWEST CHERRIES

NWCHERRIESCOM/SWEETHEALTH



Wash, dry and freeze to enjoy later in pies, smoothies, or even as frozen treats right out of the bag.



Can for preserved cherries, jams or jellies.

Year-round, by preserving at the peak of freshness:



Dry for a simple healthy snack on the go or toss into a trail mix.



State Ranking Onion Comparison All Types 2014 All Seasons

| | State | Harvested : | acreage | | State | | Cwt. Yield Per Acre |
|-----|---|---------------------------|---------|-----|------------------------------------|----|-------------------------|
| 1, | California | * | 43,900 | 1 | Idaho-E. Orego | n | 810 |
| 2. | Washington | ** | 22,000 | 2. | Oregon (West) | | 660 |
| 3. | Idaho-E. Oregon | | 16,200 | 3. | New Mexico | | 600 |
| 4. | Georgia | | 11,100 | 4. | Washington | ** | 525 |
| 5. | Oregon (West) | | 10,300 | 5. | Colorado | | 500 |
| 6. | Texas | *D | 9,000 | 6. | California | * | 490 |
| 7. | New York | | 8,000 | 7. | Wisconsin | | 465 |
| 8. | New Mexico | | 5,100 | 8. | Michigan | | 370 |
| 9. | Colorado | | 3,600 | 9. | New York | | 295 |
| 10. | Michigan | | 2,500 | 10. | Texas | *D | 260 |
| | (Nevada did not F Individual Operati | Report to Avoid Disclons) | osing | | (Nevada did no Individual Opera | • | ort to Avoid Disclosing |

1. 2. 3. 4. 5. 6. 7. 8. 9.

| | State | | Production (1,000 cwt.) | | | | | |
|-----|------------------|--|-------------------------|--|--|--|--|--|
| 1. | California | * | 22,856 | | | | | |
| 2. | Washington | ** | 13,800 | | | | | |
| 3. | ldaho-E. Orego | n | 12,483 | | | | | |
| 4. | Oregon (West) | | 6,798 | | | | | |
| 5. | New Mexico | | 3,060 | | | | | |
| 6. | Georgia | | 2,585 | | | | | |
| 7. | New York | | 2,360 | | | | | |
| 8. | Texas | *D | 2,340 | | | | | |
| 9. | Colorado | | 1,800 | | | | | |
| 10. | Michigan | | 925 | | | | | |
| | - | (Nevada did not Report to Avoid Disclosing | | | | | | |
| | Individual Opera | Individual Operations) | | | | | | |

| State | Val | ue per cwt. (Dollars) |
|------------------|-------|-----------------------|
| Georgia | | \$41.90 |
| Texas | *D | \$24.00 |
| Washington | ** | \$21.75 |
| Colorado | | \$19.00 |
| New Mexico | | \$18.70 |
| Wisconsin | | \$17.50 |
| New York | | \$15.30 |
| Michigan | | \$12.90 |
| California | * | \$10.90 |
| Oregon (West) | | \$8.90 |
| (Nevada did not | Repor | t to Avoid Disclosing |
| Individual Opera | | |

| | State | | Total Value (1,000 Dollars) | | |
|-----|---|----|-----------------------------|--|--|
| 1. | California | * | 275,628 | | |
| 2. | Washington | ** | 134,124 | | |
| 3. | Georgia | | 108,312 | | |
| 4. | Idaho-E. Oregon | | 100,951 | | |
| 5. | New Mexico | | 57,222 | | |
| 6. | Texas | *D | 56,160 | | |
| 7. | Oregon (West) | | 49,466 | | |
| 8. | New York | | 33,798 | | |
| 9. | Colorado | | 30,438 | | |
| 10. | Wisconsin | | 13,073 | | |
| | (Nevada did not F Individual Operati | • | rt to Avoid Disclosing | | |

Includes Spring or Summer storage and non storage

^{**} Includes Summer storage and non storage

^{***} Includes Spring and Summer non storage

^{*}D Includes Spring and Data Withheld to Avoid Disclosing Individual Operations

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