



**Fresh
Delicious
Healthy**

Cherries

*This photo of these delicious
Cherries was taken at
Red Hill Cherry Farm
Mornington Peninsula
(see orchard #11 centre pages)*

**Pick your own * or
Buy at farm gate**

* Pick your own available only at participating orchards and subject to seasonal availability

**2011-12 VICTORIAN
HARVEST
TRAIL**

Yarra Valley & Ranges
Mornington Peninsula
Goulburn Valley
Northeast Victoria
Macedon Ranges

There's nothing more delicious than a sweet plump juicy cherry. And the best way to eat them is straight off the tree.

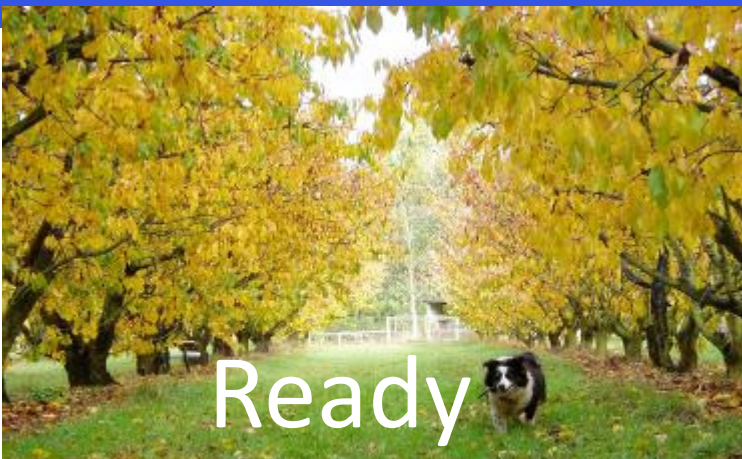
Find out more at;

www.cherries.org.au

Enjoy a fantastic day out with your family, friends or that special person on the Victorian 2011-2012 Cherry Harvest Trail


The Victorian Cherry Association
P.O. Box 612 Mooroopna Vic 3629
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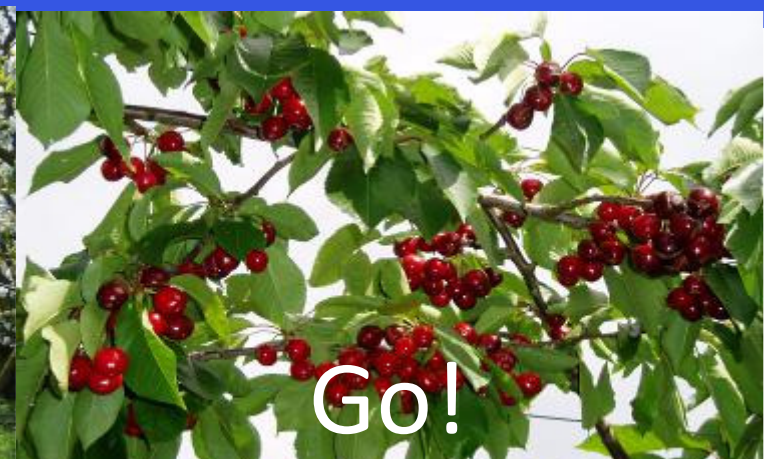
Peak Season	NOVEMBER
	DECEMBER
	JANUARY



Ready



Set



Go!

Its Time to Pick your own Cherries!

CHERRIES AND YOUR HEALTH

Cherries are very beneficial in maintaining good health. A study* commissioned by the Victorian Cherry Association reviewed a vast amount of current research data about cherries and concluded that there is a strong case to recommend at least one serving of cherries per day, with additional servings delivering more benefits... cherry lovers will be delighted to know that more is better!

Cherries contain a unique combination of vitamins, minerals, anti-oxidants and anti-inflammatory compounds which act together to deliver health benefits not available from many other plants or from supplements.

Vitamins E and C and the flavonoids found in cherries may slow ageing and they may slow or even reverse the symptoms of neurological diseases such as Alzheimer's and Parkinson's. Cherries also contain compounds that can help to slow or inhibit the progression of cancer (Polyphenolics Egalllic acid and Lignans).



Anti-oxidants are necessary to clear the body of damaging free radicals and they are most effectively acquired through diet. If we don't consume enough anti-oxidants, damage can occur, leading to degeneration and disease including cardiovascular disease, arthritis, cancer, inflammatory conditions and neurological diseases and degeneration. Cherries contain 17 anti-oxidants, plus a suite of other compounds with beneficial health benefits.

Cherries may benefit people suffering from chronic inflammatory conditions such as gout, pancreatitis, or prostatitis, as well as allergic conditions including asthma, hay fever, eczema and hives because they contain the compounds cyanidin and quercetin.

So cherry lovers can indulge to their heart's content, because the study concluded that cherries have significant health benefits in slowing or inhibiting the progression of cancer, ageing, neurological diseases, cardiovascular disease and inflammatory conditions. They also aid in detoxification of foreign substances.

And with only 224 kilojoules per 100 grams and almost no fat, cherries are truly a very healthy food!

* The Health Benefits of Cherries, Charlotte Brunt BSc (Hons), Swinburne University 2004.

SIMPLE CHERRY IDEAS

CHERRIES JUBILEE

This is a very simple but impressive dessert to serve your guests.

INGREDIENTS

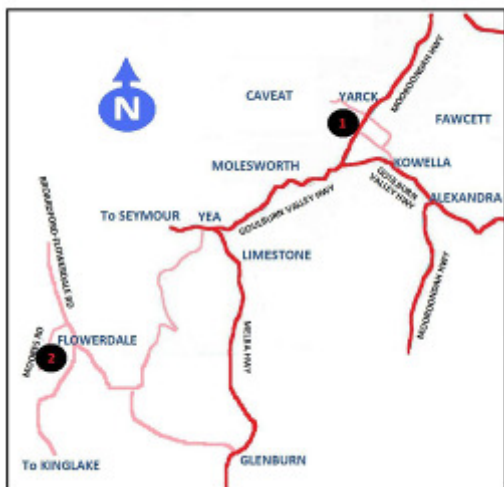
1/2 cup sugar
1 tbsp cornstarch
1/4 cup water
1/4 cup orange juice
3 cups (approx 500g) fresh sweet cherries – pitted
1/2 tsp grated orange peel
1/2 cup brandy, optional
Good quality vanilla icecream

METHOD

Combine sugar and cornstarch. Blend in water and orange juice. Cook and stir until thickened and smooth. Add cherries and orange peel; return to boil and simmer 10 minutes until the cherries are softened. In another small saucepan, gently heat brandy (it won't flame unless it is heated). Spoon icecream into goblets and spoon heated cherries over ice cream. Pour heated brandy over the warm cherries and ignite if desired. Makes about 8 servings. Recipe may be halved.



North Central & Upper Goulburn Valley



1 KOALA COUNTRY ORCHARDS

Come to Koala Country Orchards and visit the Cherri Shed for tastings and sales of fresh cherries, straight from the orchard. Select from our range of Cherry Wine and Liqueur, Preserves, Sauce and Cherry themed gifts.

Location: 6547 Maroondah Hwy
Yarck VIC 3719
Melway: 610, S7
Telephone: 03 5773 4250
Website: www.kco.com.au
Trading: Open 7 Days, November, December & January

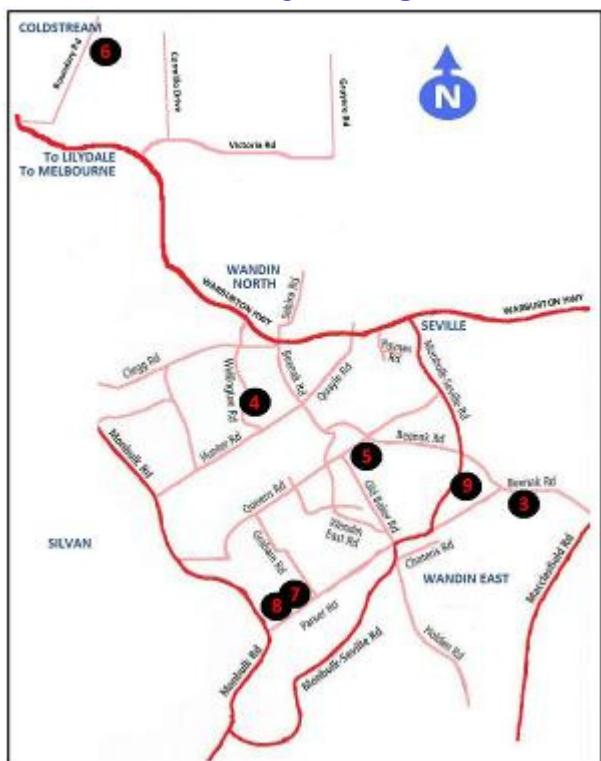


2 CARRIC CHERRIES

Carric Cherries is situated in Flowerdale, 75kms north of Melbourne CBD. We are a small family owned business and have been operating for ten years. We offer 12 different cherry varieties that are sold at farm gate as well as our popular cherry jam and sauce.

Location: 86 Moores Road
Flowerdale VIC 3717
Melway: 610, N9
Telephone: 0423 519 599
Trading: Late Nov - Mid Jan

Yarra Valley & Ranges



3 JOHNSON BROTHERS

The Johnson family have been farming in this area for over 100 years. As a third generation farmer, Alistair, with his family, now grows cherries, peaches, plums and apples.

They welcome you to their shed through the season.

Location: 605 Beenak Road
Seville VIC 3139
Melway: 305, E6
Telephone: 03 5964 8440

4 WANDIN VALLEY FARMS

Whilst enjoying the beautiful surrounds of the Yarra Valley, why not call in at Wandin Valley Farms, where you can purchase pre-packed cherries to take home and enjoy!! Premium quality and seconds available.

Location: 75 Wellington Road
Wandin North VIC 3139
Melway: 121, B2
Telephone: 03 5964 4669
Website: www.wandinvalleyfarms.com.au
Trading: Nov - Late Jan



5 CHERRYHILL ORCHARDS

George Riseborough planted the first cherries at this beautiful Wandin Property in 1940. You can try the famous Cherry Hill export cherries or Pick Your Own in the orchard with magnificent views of the Yarra Valley.

Location: 474 Queens Road
Wandin VIC 3139
Melway: 121, H4
Telephone: 1300 CHERRY (1300 243 779)
Website: www.cherryhill.com.au
Trading: Open 7 days, Nov - Feb, Group Bookings are welcome



6 BIG FELLA CHERRIES

Visit our picturesque Yarra Valley orchard to experience the joy of harvesting your own delicious cherries. U-pick your very own fresh Big Fella cherries straight from the trees. Enjoy the spoils of superior cherries, just as nature intended.

Location: 38 Boundary Rd
Coldstream VIC 3139
Melway: 118, J2
Telephone: 0425 774 649
Website: www.bigfella cherries.com.au
Facilities: Toilets, Plenty of Parking, Shaded picnic area
Cost: \$4.00 per adult, children u/12 free \$7.50 per kilo



7 CHAPPIES

Chappies is the original home of U-Pick in Silvan. We offer our very best cherries for our U-Pick customers. Buckets are supplied and ladders are not required. There is a selection of sweet, sour and white cherries. You can also pick fresh berries. Cherries and berries for sale, freshly picked for you.

Location: 21 Parker Road
Silvan VIC 3795
Melway: 121, F12
Telephone: 03 9737 9534
Website: www.chappies.com.au
Email: enquires@upick.com.au
Trading: Open 7 days, Nov, Dec, Jan



8 BLUE HILLS BERRIES & CHERRIES

The Chapman family are well established growers of cherries and berries and have farmed in Silvan since 1894, and are best known for their quality fresh fruit and provision of 'Pick Your Own' cherries and berries.

Location: 27 Parker Road
Silvan VIC
Melway: 121, F11
Telephone: 03 9737 9400
Email: info@upickberries.com.au
Trading: Open 7 Days Nov and Dec
Website: www.upickberries.com.au



9 OAKSUN CHERRIES

Oaksun is the home of Charlie Cherry's Fresh Cherries. Charlie Cherry only grows fresh premium cherries - big and juicy. Grown in the Yarra Valley and Tasmania. Come along, sample and purchase "Australia's finest cherries" For online sales visit the website.

Location: 77 Monbulk-Seville Road
Wandin East VIC 3139
Melway: 305, B6
Telephone: 03 5964 2888
Website: www.charliecherry.com.au
Email: info@oaksuncherries.com.au
Trading: Open 6 days (Saturday - Thursday)



Macedon Ranges



10 MT GISBORNE CHERRIES

Over 20 different cherry varieties grown, including; red, black and white. Freshly picked, packed and ready for sale at the farm gate. Situated in the beautiful Macedon Ranges amongst many other local attractions. 45 minutes from Melbourne CBD.

Location: 425 Mt. Gisborne Road
Gisborne VIC 3437
Melway: 609, F11
Telephone: 03 5428 8044
Website: www.gisbornecherries.com.au
Trading: 8.30 am-6.00 pm Wed to Sun. Closed 25th Dec. Extended days for public holidays. See website or phone



Mornington Peninsula

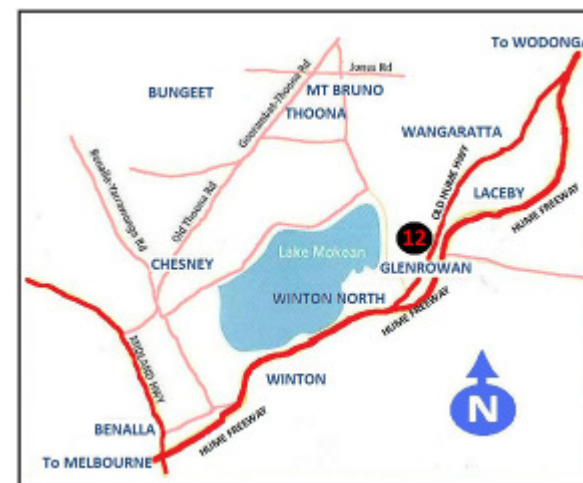
11 RED HILL CHERRY FARM

Red Hill Cherry Farm is the oldest 'Pick Your Own' Cherry Farm in Victoria. Visit our farm for sweet and full flavoured fresh cherries ready for you to pick straight from the trees. Pick your own cherries. Buy freshly picked cherries. Cherry Port available for purchase. Pick your own sour Morello cherries.

Location: 61 - 69 Prossors Lane (Off Arthurs Seat Rd)
Red Hill VIC 3937
Melway: 190, K6
Telephone: 03 5989 2237 / 0407 819 751
Facebook: http://www.facebook.com/pages/Red-Hill-Cherry-Farm
Email: trevorholmes@pac.com.au
Trading: Only when ripe fruit is available Saturday and Sunday - 9am - 4pm Wednesday to Friday - 10am - 4pm



Northeast Victoria



12 SMITH & SONS

Glenrowan's first cherry orchard. The best old & new varieties of cherries as well as other seasonal fruits. Cherries start 1st November until Christmas. Award winning homemade products, jams sauces & more. We also accept buses and group bookings.

Location: 67 Old Hume Highway
Glenrowan VIC 3675
Melway: 622, C7
Telephone: 03 5766 2335
Email: micksmith@ozemail.com.au



Photographs courtesy of Red Hill Cherry Farm

Photographs courtesy of Cherry Hill Orchards