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Cherry Season Begins Early, Now Available at All United Family® Stores

(LUBBOCK, Texas) – California red cherries are available starting today at all [United Supermarkets](#), [Amigos](#), [Albertsons Market](#), and [Market Street](#) locations in Dallas-Fort Worth, West Texas and New Mexico. California Cherries are available earlier than they were in 2014 and are expected to be of higher quality due to ideal growing conditions this season.

“We are excited to be one of the first grocery chains to have cherries available for our guests this year,” said Joseph Bunting, director of produce for The United Family. “Plus, it looks like California will produce a better crop this year, which will enable guests to purchase large red cherries that are in exceptional condition.”

As a result of favorable growing conditions in California, The United Family expects the California red cherry harvest to yield between five and six million boxes for consumption nationwide, which is an improvement of almost 100 percent from 2014.

“This winter, California had better chilling hours throughout most of the valley, which is critical to the growth and harvest of cherry crops,” said Nick Lucich of [Delta Fresh](#), a major grower, packer and shipper of California cherries. “The United Family is a valued partner, and we are happy to provide their guests some of the highest quality cherries available.”

In addition to the sweet taste, cherries also contain antioxidants that can provide multiple health benefits, such as anthocyanin which reduces cardiovascular inflammation to keep your heart healthy, [according to the University of Michigan Health System](#). In addition, the [Oregon Health & Science University found](#) that cherries have the highest anti-inflammatory content of any food, which may help reduce chronic inflammation for those suffering from joint pain and arthritis.

When searching for the best cherries, Bunting says guests should look for ones that are clean, bright, shiny, and plump with no blemishes. Sweet cherries should have firm but not hard flesh with a fresh stem. Cherries with the stem intact will also have a longer shelf life.

California red cherry season continues through late May, and The United Family expects the Washington crop to arrive in early June. Bunting says stores will also receive Canadian cherries by mid-August.

For more information about cherry season at The United Family of stores, visit <http://www.unitedsupermarkets.com/cherries>. Guest can also find cherry-inspired recipes on the United Supermarkets Pinterest boards using the following link: <https://www.pinterest.com/unitedwesttexas/cherries/>.

About The United Family®

In its 99th year of operation, United Supermarkets, LLC – d.b.a. [The United Family®](#) – is a Texas-based grocery chain with stores in 36 communities in West Texas, Dallas-Fort Worth and New Mexico. A self-distributing company with headquarters in Lubbock and distribution centers in Lubbock and Roanoke, The United Family currently operates 67 stores under five unique banners: [United Supermarkets](#), [Market Street](#), [Amigos](#), [Albertsons Market](#) and United Express, along with ancillary operations R.C. Taylor Distributing, Praters and Llano Logistics. The company is a wholly-owned subsidiary of Albertson's LLC. For more information, please visit www.unitedtexas.com.

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