

Fabulous Fruit

Fascinating Facts About Some Fun Food

(NAPSA)—The next time you take a bite of a nice fresh fruit or a refreshing sip of fruit juice, you might care to contemplate these fun facts:

- Pomegranates get their name from two Latin terms: “pomum,” meaning “apple,” and “granatus,” which means “seeded.”

- Cranberries don’t actually grow in water, as many people think, but rather in sandy bogs and marshes. The cranberry beds are flooded for wet harvesting when the berries ripen.

- Cherries are part of the Rosaceae family, which includes almonds, peaches, apricots and plums. Black cherry (*Prunus serotina*) trees are deciduous and native to eastern North America, and the cherries have a tart taste compared to other, sweet varieties.

- The **R.W. Knudsen Family®** has produced quality, all-natural juice products since 1961. Its offerings include more than 125 types of natural and organic fruit and vegetable juices, carbonated beverages, and specialty items such as **Recharge®** all-natural sports drinks. These are all naturally made, without artificial flavors or preservatives, and never contain added sugar.

- Raise a glass to the goodness of fruit with this recipe:

Black Forest Cherry Smoothie

- $\frac{1}{4}$ cup frozen banana in chunks
- $\frac{1}{2}$ teaspoon ground flaxseed
- $\frac{1}{2}$ cup frozen black cherries



Eating fruit every day can be a delicious way to increase your happiness.

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- 1 cup R.W. Knudsen Family Just Black Cherry™ Juice**
 - $\frac{3}{4}$ cup chocolate-flavored soy milk
 - $\frac{1}{4}$ cup vanilla yogurt
 - Black cherries and mint leaves for garnish**

Place first six ingredients in blender container. Blend on high speed 1 minute until smooth. Pour into glasses. Garnish with cherries and mint leaves. Serve immediately.

To learn more about fruits, visit The Orchard, an interactive site on the **R.W. Knudsen Family** website, www.rwknudsenfamily.com. The Orchard provides users with ways to celebrate these popular fruits through fun, delicious content and shareable recipes, demonstrating how the simplicity of fruit delivers quality every time.