

Black Currant Nutritional Information

- More than 5 times the vitamin C of oranges
- As high as banana in potassium
- More calcium than any fruit
- Contain more phosphorus and potassium than any other fruit
- Second only to elderberry in iron and protein



The Ribes Reporter, December, 1996 page 12; Blackcurrants - Nutritional Content

A Comparison of the Nutritional Values of Various Fruits

One (1) pound of raw fruit

<u>Fruit</u>	<u>Calories</u>	<u>Protein</u>	<u>Fat</u>	<u>Carbs</u>	<u>Ca Mg</u>	<u>Ph Mg</u>	<u>Fe Mg</u>	<u>Vit A IU</u>	<u>Thiamine Mg</u>	<u>Riboflavin Mg</u>	<u>Niacin Mg</u>	<u>Vit C Mg.</u>
Blueberry	310	2.9	2.1	63.8	63	54	3.6	3				58
Cranberry	218	1.8	3.2	51.4	64	50	2.7	182	0.13	0.09	0.45	55
Black Currant	240	7.6	0.4	58.2	267	78	34.9	1,020	0.24	0.22	1.3	889
Gooseberry	178	3.6	0.9	44	100	127	2.3	1,330	0	0	0	149
Grape	324	3.5	1.8	73.5	75	92	2.6	330	0.24	0.12	1.9	17
Orange	164	2.9	0.7	36.6	106	75	1.3	910	0.25	0.8	0.8	162
Raspberry	294	5.4	6.2	59.9	132	97	4.1	tr	0.12	0.30	1.3	81
Strawberry	179	3.5	2.6	35.3	122	118	3.5	250	0.13	0.29	1.3	261

“Black currant has exceptional nutritional value. **Seeds are rich in both omega-3 and omega-6 fatty acids.** Fresh fruit have an abundance of vitamins A, B and C and contain between 6 and 9% sugar.” Currant seed contains high levels of GLA, gamma linolenic acid. The deep rich color of black currant is a strong antioxidant.” Dr Richard St. Pierre Research Scientist Native Fruit Development Program, University of Saskatchewan

“Black currants can rightfully be called the “King of the Berries” due to the intrinsic biological and nutrition-physiological values of its fruits...it contains several-fold higher concentrations of potassium, iron, vitamin C. organic acids and biologically active plant phenolic compounds than other fruits. In this respect, the black currants constitute a distinct group among the fruits...These compounds exert a synergistic effect in the human organism.

Vitamins & Minerals - Black Currant takes first place in calcium and iron over all fruits. It is also an excellent source for vitamin C and vitamin A. Black currant also is a very good source for phosphorous, B1 (thiamine), B2 (riboflavin) and B3 (niacin) and high in isoflavonols. This fruit is reported to have antioxidant, anti-inflammatory and natural laxative properties. In the October 2002 issue of the European Journal of Clinical Nutrition, German researchers reported that blackcurrant juice may cut the risk of kidney stones.

(Excerpts from Pal Tamas: Leading researcher and plant breeder, Sweden)



Our Black Currant Punch Mix, is made from concentrated Black Currant juice. There are no additives, preservatives or sugars in our product. It can refreshing punch. The deep, rich color of the currants makes it a superb choice for entertaining. It can also be added to water and sweetened with sugar or honey to make either a cold or a hot beverage. One 8 oz. serving (made with 30 ml of concentrate) contains the daily requirements of vitamin C for an adult.

Kayben Farms Punch mix makes an excellent and elegant holiday gift. Ask us about our new gift packages and order extras for your own Holiday entertaining.

Our favorite use for fresh or frozen fruit:

BLACK CURRANT SMOOTHIES RECIPE

1 cup crushed Black Currants
2 bananas
1 - 14 oz. can peaches
1 – 2 TBSP honey
4 – 6 ice cubes

Blend fruits together for 1 minute. Add ice cubes and blend until smooth.
Serve immediately.

Variation: substitute peaches with 1 can crushed pineapple or your favourite fruit.

Black Currants freeze well. You can enjoy this recipe all year long with frozen berries.

Call us for your currants this August

