

Bilberries/Wild blueberries *Vaccinium myrtillus*

- ❖ Wild growing forest berry.
- ❖ Our berries come from regions in Scandinavia, Baltic, Ukraine, Bosnia, Russia and Poland.
- ❖ Flowers bloom in May/June and the berries are ripe in July/August.
- ❖ Not to be confused with "Blueberries", i.e. American blueberries which are mostly cultivated, bigger in size and have white flesh compared to bilberries red flesh.
- ❖ Bilberries are one of the most common plant in Sweden and is calculated to cover approximately 17 % of the land surface.
- ❖ A very popular berry, commonly used for jams, all sorts of bakery, ice-cream, juices, smoothies and so on.
- ❖ Additionally to offer bilberries as cleaned IQF product we can also offer concentrate, purees, single strength juices and press cake.
- ❖ We can offer both conventional and organic certified bilberries. Approx. 20% of our bilberry stock is organic certified.
- ❖ Scandinavian bilberries are rich in antioxidants.
- ❖ Almost 50 % of our bilberries are shipped to the pharmaceutical industry.



	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>181</u>
Energy (kcal)	kcal	<u>43</u>
Protein	g	<u>0,5</u>
Fat	g	<u>0,5</u>
Carbohydrate	g	<u>7,6</u>
Fibres	g	<u>3,1</u>
Ash	g	<u>0,3</u>
Water	g	<u>88,0</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>13</u>
Vitamin E	mg	<u>0,10</u>

	Unit	
Water-soluble vitamins		
Riboflavin	mg	<u>0,07</u>
Vitamin C	mg	<u>5</u>
Vitamin B6	mg	<u>0,06</u>
Folate	µg	<u>6</u>
Minerals		
Phosphorus	mg	<u>20</u>
Iron	mg	<u>0,60</u>
Calcium	mg	<u>20</u>
Potassium	mg	<u>86</u>
Magnesium	mg	<u>9</u>
Sodium	mg	<u>3</u>
Zink	mg	<u>0,20</u>

Sources:

<http://linnaeus.nrm.se/flora/di/erica/vacci/vaccmyr.html>
<http://sv.wikipedia.org/wiki/Bil%C3%A5b%C3%A4r>
http://en.wikipedia.org/wiki/Vaccinium_myrtillus
<http://www7.slv.se/Naringssock/Naringsamnen.aspx#>
<http://www.immun.se/>