

Blackberries *Rubus fruticosus*

- ❖ Cultivated and wild growing berries.
- ❖ Our berries come from regions in Bosnia-Herzegovina.
- ❖ Many different varieties, we have Thornfree and Chachanka.
- ❖ All varieties have different blooming and harvest periods, but the season mainly lasts between June-August.
- ❖ Very popular to use for jams, all sorts of bakery, ice-cream, juices, smoothies and so on
- ❖ Blackberries are rich of healthy antioxidants and nutrients such as anthocyanin, salicylic acid, and fibre.
- ❖ Blackberries are popular for having low calories and they are more nutritious compared to other berries making it one of the best berries one can consume.
- ❖ We can offer both conventional and organic certified blackberries.



	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>243</u>
Energy (kcal)	kcal	<u>1,0</u>
Protein	g	<u>1,0</u>
Fat	g	<u>0,5</u>
Carbohydrate	g	<u>8,8</u>
Fibres	g	<u>7,2</u>
Ash	g	<u>0,5</u>
Water	g	<u>82,0</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>66</u>
Vitamin E	mg	<u>0,60</u>

	Unit	
Water-soluble vitamins		
Riboflavin	mg	<u>0,05</u>
Vitamin C	mg	<u>5</u>
Vitamin B6	mg	<u>0,06</u>
Folate	µg	<u>34</u>
Minerals		
Phosphorus	mg	<u>30</u>
Iron	mg	<u>0,40</u>
Calcium	mg	<u>20</u>
Potassium	mg	<u>160</u>
Magnesium	mg	<u>22</u>
Sodium	mg	<u>1</u>
Zink	mg	<u>0,30</u>

Sources:

<http://linnaeus.nrm.se/flora/di/rosa/rubus/rubufru.html>
<http://sv.wikipedia.org/wiki/Bj%C3%B6rn%C3%A4r>
http://en.wikipedia.org/wiki/Blackberry#cite_note-12
<http://www7.slv.se/Naringssok/Naringsamnen.aspx>