

## Cloudberries *Rubus chamaemorus*

- ❖ Wild growing forest berry.
- ❖ Our berries come from regions in Scandinavia and Russia.
- ❖ Flowers bloom in June/July and the berries are ripe in July/August.
- ❖ Cloudberries are rich in C vitamins.
- ❖ The plant itself can handle a temperature span of -40°C - +30°C (-40°F - +86°F) but the flowers are very sensitive to low temperature.
- ❖ No berries will develop if the flower is damaged by frost during blooming period.
- ❖ The flowers sensitivity is the reason to the uneven harvest quantity each year.
- ❖ Cloudberries grow in/around inaccessible swamps which contribute to its exclusivity.
- ❖ The berries are often made into jams, juices, compotes, and liqueurs, and are used as side dishes to meat meals, with deserts, in ice-cream etc.
- ❖ Just like with raspberries and blackberries, the “berry” is actually a type of fruit.
- ❖ We can offer both conventional and organic certified cloudberries.



	Unit	
<b>Weight</b>	<b>g</b>	<b>100</b>
Energy (kJ)	kJ	<u>225</u>
Energy (kcal)	kcal	<u>54</u>
Protein	g	<u>1,3</u>
Fat	g	<u>0,9</u>
Carbohydrate	g	<u>7,0</u>
Fibres	g	<u>6,3</u>
Ash	g	<u>0,5</u>
Water	g	<u>84,0</u>
<b>Fat-soluble vitamins</b>		
β-Carotene	µg	<u>140</u>
Vitamin E	mg	<u>0,30</u>

	Unit	
<b>Water-soluble vitamins</b>		
Riboflavin	mg	<u>0,07</u>
Vitamin C	mg	<u>63</u>
Vitamin B6	mg	<u>0,04</u>
Folate	µg	<u>30</u>
<b>Minerals</b>		
Phosphorus	mg	<u>20</u>
Iron	mg	<u>0,70</u>
Calcium	mg	<u>15</u>
Potassium	mg	<u>190</u>
Magnesium	mg	<u>29</u>
Sodium	mg	<u>1</u>
Zink	mg	<u>0,60</u>

### Sources:

<http://linnaeus.nrm.se/flora/di/rosa/rubus/rubucha.html>

<http://sv.wikipedia.org/wiki/Hjortron>

[http://en.wikipedia.org/wiki/Rubus\\_chamaemorus](http://en.wikipedia.org/wiki/Rubus_chamaemorus)

<http://www7.slv.se/Naringsok/Naringsamnen.aspx>  
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