

Lingonberries *Vaccinium vitis-idaea*

- ❖ Wild growing forest berry.
- ❖ Our berries come from regions in Scandinavia, Baltic, Russia and China.
- ❖ Flowers bloom in May/July and the berries are ripe in August/September.
- ❖ Lingonberries are naturally rich of benzoic acid, which gives the berries long durability.
- ❖ The plant itself carries leaves all through the year, even in tough weather conditions and can handle a temperature span of -40°C - +30°C (-40°F - +86°F).
- ❖ Lingonberries are increasingly popular, in the last two years they have overtaken bilberries in our assortment in case of sales volume.
- ❖ Most commonly used for jams, served alongside meat dishes but also used for making juices, compote, jelly and bread bakery.
- ❖ Additionally to offer lingonberries as cleaned IQF product we can also offer concentrate.
- ❖ We can offer both conventional and organic certified lingonberries.



	Unit	
Weight	g	100
Energy (kJ)	kJ	237
Energy (kcal)	kcal	57
Protein	g	0,7
Fat	g	0,5
Carbohydrate	g	11,0
Fibres	g	2,5
Ash	g	0,3
Water	g	85,0
Fat-soluble vitamins		
β-Carotene	µg	8
Vitamin E	mg	1,60
Vitamin K	µg	8

	Unit	
Water-soluble vitamins		
Riboflavin	mg	0,04
Vitamin C	mg	8
Vitamin B6	mg	0,01
Folate	µg	25
Minerals		
Phosphorus	mg	16
Iron	mg	0,40
Calcium	mg	16
Potassium	mg	87
Magnesium	mg	9
Sodium	mg	1
Zink	mg	0,20

Sources:

<http://linnaeus.nrm.se/flora/di/erica/vacci/vaccvit.html>
<http://sv.wikipedia.org/wiki/Lingon>
http://en.wikipedia.org/wiki/Vaccinium_vitis-idaea
<http://www7.slv.se/Naringssok/Naringssamen.aspx>