

## Raspberries *Rubus idaeus*

- ❖ Wild growing or cultivated berry.
- ❖ Many different varieties, we mainly have Willamette, Meeker and Fortedii
- ❖ Our berries come from regions in Bosnia-Herzegovina.
- ❖ Flowers bloom in late spring and the berries are ripe in June/August
- ❖ The raspberry isn't actually a "berry" but a fruit.
- ❖ We can offer both conventional and organic certified raspberries as well as different conditions like IQF and crumble.
- ❖ Very popular to use for jams, all sorts of bakery, ice-cream, juices, smoothies and so on.
- ❖ Raspberries are rich of fibres and contain a lot of C-vitamins, phosphorus, iron, calcium and potassium.



	Unit	
<b>Weight</b>	<b>g</b>	<b>100</b>
Energy (kJ)	kJ	157
Energy (kcal)	kcal	38
Protein	g	1,0
Fat	g	0,5
Carbohydrate	g	5,4
Fibres	g	3,7
Ash	g	0,4
Water	g	89,0
<b>Fat-soluble vitamins</b>		
β-Carotene	µg	6
Vitamin E	mg	1,40

	Unit	
<b>Water-soluble vitamins</b>		
Riboflavin	mg	0,05
Vitamin C	mg	25
Vitamin B6	mg	0,03
Folate	µg	26
<b>Minerals</b>		
Phosphorus	mg	30
Iron	mg	1,00
Calcium	mg	20
Potassium	mg	200
Magnesium	mg	25
Sodium	mg	1
Zink	mg	0,30

### Sources:

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

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

[http://en.wikipedia.org/wiki/Rubus\\_idaeus](http://en.wikipedia.org/wiki/Rubus_idaeus)

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

<http://www.immun.se/>