

B E R R Y F A C T S

Boysenberry

- ◆ Fresh season typically July 2nd through July 25th
- ◆ Large size (8.0 g) reddish purple berry with a large seed
- ◆ In the late 1920's George Darrow of the USDA and Walter Knott, a California berry farmer tracked down some plants from the failed farm of Rudolph Boysen. Finding a few frail plants they nursed them back to health. This was the start of the popular Boysenberries that were initially sold at Knott's Berry Farm in California.

Health Benefits

- ◆ High in Vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.
- ◆ Contain high levels of anthocyanins (120-160 mg/ 100g). Anthocyanins work as antioxidants to help fight free radical damage in the body, and give Boysenberries their deep, dark color.
- ◆ Antioxidant levels of food can be measured as ORAC (Oxygen Radical Absorption Capacity). The ORAC value of Boysenberries is 42 umoles/TE/g
- ◆ Contains ellagic acid, a phenolic compound known as a potent anti-carcinogen, anti-viral and anti-bacterial. The ellagic acid level in Boysenberries is 5.98 mg/g of dry weight.
- ◆ Have a uniquely high ratio of free ellagic acid to total ellagitannins which is thought to make the ellagic acid more readily available to the body.



Nutritional Information

*Nutrient Content of
Boysenberries, amount in
1 cup serving (132 g) of
unsweetened, unthawed
frozen berries*

Calories	50 kcal
Protein	1.5g
Total fat	0g
Sodium	1mg
Carbohydrate	12g
Dietary Fiber	5.3g
Vitamin C	4.1mg
Vitamin A	88IU

*Source: USDA National
Nutrient Database for
Standard Reference,
Release 19, 2006*

For further information visit
www.oregon-berries.com
or phone 1-800-859-0355

