

A GUIDE TO BERRIES

SUMMER 2010

	VARIETY	HEALTH BENEFITS/FLAVOR	AVAILABILITY
	<p>Blackberries</p>	<p>Vitamin C, vitamin K, fiber, and antioxidants. Slightly tart with defined sweetness.</p>	<p>Year-round</p>
	<p>Blueberries</p>	<p>Vitamin C, vitamin K, and antioxidants. Sweet in flavor.</p>	<p>Year-round</p>
	<p>Currants (Red & Black)</p>	<p>Vitamin C, iron, potassium, and fiber. Wonderful tart and sweet flavor. Ideal for jelly.</p>	<p>June through August</p>
	<p>Gooseberries (Red, Green & Yellow)</p>	<p>Vitamin C and vitamin A. Extra tart flavor. Excellent in pies and preserves.</p>	<p>Mid-June through August</p>
	<p>Raspberries (Red & Golden)</p>	<p>Vitamin C, folate, iron, potassium, and disease-fighting ellagic acid. Mildly tart and sweet.</p>	<p>Year-round</p>
	<p>Strawberries (Regular & Long Stem)</p>	<p>Vitamin C, folate, fiber, potassium, and antioxidants. Sweet in flavor.</p>	<p>Year-round (peaking April through June)</p>
	<p>Jumbo Strawberries</p>	<p>A much larger version of regular strawberries. Specially harvested for their large size and brilliant color during the peak of the growing season.</p>	<p>Mid-May to late-June</p>
	<p>Tayberries</p>	<p>Vitamin C, folate, and fiber. A cross between a blackberry and a raspberry. Tart flavor. Ideal for making jams.</p>	<p>July through mid-August</p>

SOURCE: LUNDS AND BYERLY'S – LUND FOOD HOLDINGS, INC.