

Oregon Boysenberries



Boysenberries

- ◆ 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 μ moles/TE/g almost double that of blueberries, a well-known antioxidant.
- ◆ Contain 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 that is thought to make the ellagic acid more readily available to the body.

Nutritional Information

*Amount in 100g IQF
Boysenberries*

Calories	50.66
Total fat	0.31 g
Protein	1.33 g
Dietary Fiber	1.75 g
Vitamin C	6.06mg
Calcium	22.67mg
Cholesterol	0.00



Recipe

OREGON
RASPBERRY
AND
BLACKBERRY
COMMISSION



Boysenberry Pie

Serves 8

Baked 9 inch pie shell
5 cups frozen Boysenberries, divided
4 tablespoons cornstarch
1 cup granulated sugar
2 tablespoons lemon juice

Crush 2 ½ cups of Boysenberries with a fork or pastry blender; stir in cornstarch, sugar, and lemon juice. (Return remaining berries to freezer.) Cook berry cornstarch mixture over medium – high heat, stirring constantly, until mixture is clear and thick enough to hold a plastic spoon straight up in the center, 4-6 minutes. Remove from heat and cool mixture completely in refrigerator, stirring occasionally. Remove remaining berries from freezer and gently fold into cooked, cooled, berries. Turn into crust. Refrigerate until well chilled. Serve with Boysenberry ice cream.

Boysenberry Ice Cream

Makes 1½ quarts

4 cups Boysenberries, fresh or frozen, thawed
1 cup sugar
2 cups half and half
2 teaspoons vanilla extract
¾ cup dark chocolate chunks or chips
¾ cup chopped roasted hazelnuts or toasted almonds

Puree Boysenberries in food processor or blender. Strain to remove seeds. (This will equal about 2 cups puree.) Stir in remaining ingredients and chill. Transfer berry mixture to ice cream freezer and process according to manufacturer's instructions.

When ice cream is ready add the chocolate and hazelnuts, mixing thoroughly. Serve with Boysenberry Pie.

