

# Oregon Marionberries



## Marionberry

- ◆ Fresh season typically July 2<sup>nd</sup> through July 24<sup>th</sup>
- ◆ Medium-sized (5.0g) dark red to black berry with a medium seed and central receptacle.
- ◆ Known as the “Cabernet of Blackberries” for its complex, rich earthy flavor.
- ◆ Bred at Oregon State University and raised primarily in Oregon
- ◆ Named after Marion County, Oregon
- ◆ Oregon produces 28-33 million pounds annually.

## Health Benefits

- ◆ High in ellagic acid (5.83 mg/g) - a known chemopreventative.
- ◆ Contains high levels of anthocyanins (109-155 mg per 100g), polyphenolic compounds that protect against cancer, heart and circulatory diseases and age related mental decline
- ◆ High in antioxidants (28  $\mu$ mole TE/g per g.) measured as ORAC (PE) (Oxygen Radical Absorption Capacity) - one measure of the antioxidant levels of substances. The ORAC of blueberries, a known antioxidant, is 24  $\mu$ mole TE/g per g.
- ◆ Contains high levels of strong antioxidants such as Vitamin C, gallic acid and rutin that help promote circulatory health and fight against cancer.
- ◆ Eating whole berries has been shown in scientific studies to be more beneficial than taking the individual phytochemicals in the form of dietary supplements.

### Nutritional Information

For 1 cup of Marionberries

<b>Calories</b>	75.00
<b>Total fat</b>	1.00 g
<b>Protein</b>	1.00 g
<b>Dietary Fiber</b>	7.60 g
<b>Vitamin A</b>	238.00IU
<b>Vitamin C</b>	30.00mg
<b>Calcium</b>	46.00mg
<b>Cholesterol</b>	0.00



# Recipe

OREGON  
RASPBERRY  
AND  
BLACKBERRY  
COMMISSION



## Curried Chicken Salad with Marionberries

Serves 4

- 1 lb. boneless skinless chicken breasts (approximately 3 chicken breasts)
- 1 tablespoon of olive oil
- Salt and pepper to taste
- 1/3 cup reduced fat mayonnaise
- 1 tablespoon dry white wine
- 2 tablespoons mango chutney
- 1/2 tablespoon curry powder
- 1/4 tablespoon lemon juice
- 1/4 teaspoon ground ginger
- 1 green onion chopped
- 1 celery stalk chopped
- 2 cups fresh or frozen Marionberries
- 1/2 cup roasted salted cashews

Heat olive oil in nonstick cooking pan, add chicken breasts and sauté for 5 minutes. Turn over and sauté for 5 more minutes or until done. Season to taste with salt and pepper. Remove from pan and cool in refrigerator for 20 –30 minutes. Cut meat into 1/2 inch cubes.

Combine mayonnaise, wine, chutney, curry powder, lemon juice and ginger in a large bowl. Add chicken onions, celery and raisins and fresh or frozen Marionberries; toss to coat. Season with salt and pepper. If using frozen berries allow salad to sit in refrigerator for 1/2 hour before serving. Immediately before serving add cashews.

Serve on a bed of lettuce or in pocket bread.

