

# Evergreen Blackberry Characteristics



## Evergreen Blackberry (*Rubus laciniatus*)



- ◆ Fresh season typically August 10<sup>th</sup> through September 15<sup>th</sup>
- ◆ Medium-sized (4.0g) deep blue-black colored berry with a small seed.
- ◆ Native wild blackberry of England, often considered the traditional blackberry.
- ◆ Thornless

## Health Benefits-

- ◆ High in Vitamin C and fiber both of which have been shown to help reduce the risks of certain cancers.
- ◆ Contains high levels of anthocyanins (83-326 mg/ 100g) which work as antioxidants to help fight free radical damage in the body and give berries their deep dark color.
- ◆ The antioxidant level of foods can be measured as ORAC (Oxygen Radical Absorption Capacity). The ORAC value of Evergreen blackberries is 28  $\mu$ moles/TE/g, slightly higher than blueberries.
- ◆ Evergreen blackberries contain ellagic acid, a phenolic compound shown to have anti-carcinogen, anti-viral and anti-bacterial properties. The ellagic acid levels of Evergreen blackberries is 3.69 mg/g of dry weight.



# Evergreen Blackberry Technical Data



## Evergreen Blackberry (Rubus laciniatus)



### Nutrition

<i>Amount in 100g</i>	<i>Block Frozen</i>	<i>IQF</i>	<i>Puree</i>
Brix	10.2-11.8	10.8-12.4	10.5-18.0
Calories	57.97	45.67	58.66
Calories from Fat	1.53	0.63	0.54
Total Carbohydrates (g)	12.76	9.72	12.22
Lipids (g)	0.17	0.07	0.06
Protein (g)	1.35	1.54	2.31
Dietary Fiber (g)	5.75	5.62	1.17
Sugar(g)	3.09	5.40	8.89
Vitamin A (IU)	372.00	379.00	105.00
Vitamin C (mg)	0.29	2.33	1.44
Calcium (mg)	29.00	19.00	16.43
Iron (mg)	0.69	0.44	0.70

### Chemical Properties

pH	3.46 – 3.71
Titrateable Acid	0.34 – 0.68
Soluble Solids	n/a
Total Sugar (in 100g)	10-18 g
Glucose	3.1g
Fructose	4.1g
Sucrose	0.4g
Maltose	0.5g
Organic Acids – Citric, Maltic, Isocitric	

