

# Boysenberry Characteristics



## Boysenberries (Rubus ursinus x idaeus)



- ◆ Fresh season typically July 2<sup>nd</sup> through July 25<sup>th</sup>
- ◆ Large-sized (8.0g) 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) that work as antioxidants to help fight free radical damage in the body and give Boysenberries their deep, dark color.
- ◆ The antioxidant level of foods can be measured as ORAC (Oxygen Radical Absorption Capacity). The ORAC value of Boysenberries is 42  $\mu$ moles/TE/g almost double that of blueberries, a well-known antioxidant.
- ◆ Contain ellagic acid, a phenolic compound with potent anti-carcinogen, anti-viral and anti-bacterial properties. 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.



# Boysenberry Technical Data



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### Nutrition

<i>Amount in 100g</i>	<i>Block Frozen</i>	<i>IQF</i>	<i>Puree</i>
Brix	10.8-12.6	11.6-13.4	8.5-14.5
Calories	37.22	50.66	28.62
Calories from Fat	1.26	0.31	0.99
Total Carbohydrates (g)	7.81	11.26	6.22
Lipids (g)	0.14	0.03	0.11
Protein (g)	1.18	1.33	0.68
Dietary Fiber (g)	2.11	1.75	1.49
Sugar(g)	3.38	4.63	3.52
Vitamin A (IU)	n/a	n/a	n/a
Vitamin C (mg)	6.43	6.06	3.10
Calcium (mg)	19.00	22.67	15.63
Iron (mg)	0.50	0.56	0.62
Sodium (mg)	0.28	2.16	3.36

### Chemical Properties

PH	3.0 – 3.5
Titrateable Acid (as % citric acid)	0.9 – 1.8
Soluble Solids	8.82-11.2 Brix
Total Sugar (in 100g)	8.5-14 g
Glucose	2.48g
Fructose	3.70g
Organic Acids – Citric, Maltic	

