

NEW ZEALAND GOOSEBERRIES

fresh
produce
new zealand

Gooseberries are a unique little plant-based food. A slightly bristly fruit, they are usually green but there are also red and deep purple variants.

Their flavour can be anything from excitingly tangy to rich, sweet and mellow.

Gooseberries can be eaten fresh as-is or used as a key ingredient in desserts, such as pies and crumbles. They can also be used to flavour beverages such as sodas or flavoured waters, and can be made into fruit wines and teas. Gooseberries can also be preserved in the form of jams or dried fruit.



AVAILABILITY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT **NOV** DEC

PACK

12 x 150g

Flavones and anthocyanins are compounds found in Gooseberries and are known to have numerous health beneficial effects against cancer, aging, inflammation, and neurological diseases.

Packed with a wide array of other vitamins and minerals, such as vitamin C, A, B, copper, fibre, potassium, magnesium, manganese, plus protein, superoxide dismutase, and omega-3 fatty acids; make this little berry exceptionally nutritious.



GROWING REGION
Canterbury



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