

# Haskap berries, a delicious and local superfruit rich in antioxidants

**Stand out from the competition by featuring it in your product range!**

Grown in Canada for many years now, the number of haskap berry crops continues to rise year after year. They offer a sweet and tangy flavor that resembles blackcurrants, blueberries and raspberries. Besides being the perfect ingredient for many recipes, this superfruit pleases and sparks the interest of foodies and connoisseurs alike.

**grown  
in Canada**



## **Properties that consumers look for:**

A rich and tangy flavor. **Tasty and refreshing.**

A deep purple colored juice. **As pretty as it is flavorful.**

A tender skin and seeds you can barely perceive. **Easy to process and use fresh.**

Processing byproducts, which can be used as superfruit juice or powder **promoting circular economy and upcycling.**

Rich in antioxidants, vitamins and fibers. **Nutritious and healthy.**

**A sustainable agriculture**, which has our resources at heart.

A crop suited to our climate. **100% local.**

## **... and endless innovation opportunities!**

**Alcoholic or regular beverages:** Juices, smoothies, kombucha, spirits, beer, etc.

**Condiments:** Jams, jellies, mustards, dressings, vinegars and more !

**Dairy products:** Ice cream, sorbets, yogurts, kefir, skyr.

Cocktails or desserts **syrups.**

**Snacks:** Granola bars, trail mixes, dried fruits.

**Confectionery:** Candies, gummies, chocolates, caramels.

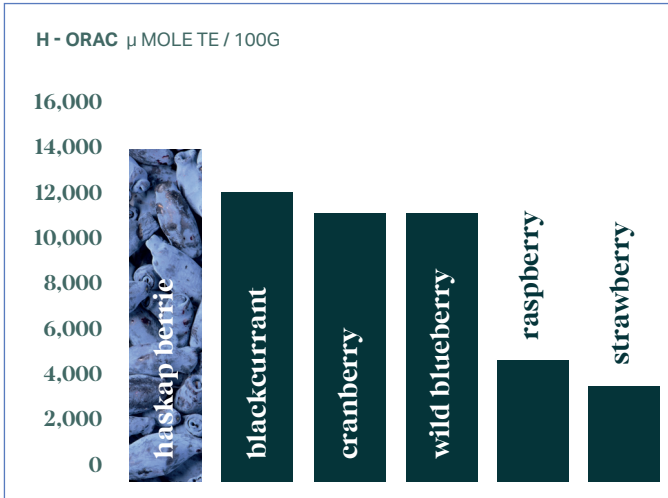
BBQ and spicy **sauces.**

Superfruit **powder** for functional shakes or bars.

## A functional food to discover

Haskap berries are full of **antioxidants**, which can be beneficial for the heart and increasing good cholesterol levels. They indeed have many virtues! Their ORAC value is extremely high, especially in terms of anthocyanins, polyphenols and bioflavonoids.

Haskap berries are also rich in **vitamins A and C**, in **fibers** and **potassium**.



| Valeur nutritive                          |                       |
|---|-----------------------|
| Nutrition Facts                           |                       |
| Pour 2/3 tasse (100 g)                    | % valeur quotidienne* |
| Per 2/3 tasse (100 g)                     | % Daily Value*        |
| <b>Calories 60</b>                        |                       |
| <b>Lipides / Total Fat</b> 0.3 g          | 1 %                   |
| + trans / Trans 0 g                       |                       |
| saturés / Saturated 0.1 g                 |                       |
| <b>Glucides / Total Carbohydrate</b> 14 g | 5 %                   |
| Fibres alimentaires / Dietary Fibre 3 g   | 12 %                  |
| Sucres / Sugars 8 g                       |                       |
| <b>Protéines / Protein</b> 1 g            |                       |
| <b>Cholestérol / Cholesterol</b> 0 mg     |                       |
| <b>Sodium</b> 0 mg                        | 0 %                   |
| Potassium 220 mg                          | 6 %                   |
| Calcium                                   | 4 %                   |
| Iron / Fer                                | 4 %                   |
| Vitamine A / Vitamin A                    | 15 %                  |
| Vitamine C / Vitamin C                    | 60 %                  |
| Magnésium / Magnesium                     | 6 %                   |
| Zinc                                      | 2 %                   |
| Cuivre / Copper                           | 6 %                   |
| Manganèse / Manganese                     | 8 %                   |

# Haskap: delicious in every way

Haskap berries are also known as honeysuckle or honeyberry and as camerise in French. In Canada, there are as many as 225 haskap producers; their harvest volume continuously increases every year.

These berries are offered in many forms to help you easily integrate them in your production lines, including whole frozen fruits, purée, juice, etc.

Visit [haskap.ca](http://haskap.ca) to know where to purchase this superfruit. it will definitely spark the interest of your clients and make you stand out from the competition!

**Haskap.ca**

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