

# Boreal Beauty Haskap berry



In folk medicine, haskap berries were used as an agent enhancing capillaries in cardiovascular diseases, as well as other disorders of the stomach, liver, gallbladder. They enhance excretion of radioactive substances.

Haskap berries are advised for eating in avitaminosis, when a weakened by winter organism is in need of ascorbic acid. Haskap berry juice cures mycosis and ulcers, and a clear soup of flowers and leaves is good for eye, throat, and skin diseases.

In Tibetan medicine, a clear soup from its bark was prescribed as a remedy for headaches, rheumatism, arthritis, and acute stomach pains. A water extract from its flowers, used as a compress, is used for treating eye diseases. Crumpled leaves are used in wound treatment for their antiseptic properties. Dried young shoots, collected during blooming, are used to prepare an extract that is both a diuretic and an anti-hair loss agent.

The berries in their fresh state are good for consumption, as well as any type of processing: for pie, ice-cream, yoghurt, compote, smoothy, juice, gin and wine. Due to its high levels of pectins (2%), these fruits are also used in gelatinization, and are perfect for making stews and jams. Jam packed full of **anti-oxidants** (up to 4 times that of a forest blueberry!), more **vitamin C** than orange, and nearly as much **potassium** as a banana - **these little guys earn the right to be called 'superberries'**.

Its cherry colour is a great dye for other juices and food products. Dried fruits retain all their valuable properties. They may also be frozen, and when unfrozen they fall apart to a smooth mass which is a mousse especially good for desserts.



## Why eat Haskap berry?

Haskap berries are highly nutritious fruit with a powerful, deep flavour. High in vitamins and antioxidants, they are a very healthy, versatile fruit and can be successfully used fresh, frozen or processed.

The fruits are full of vitamins, including: carotenes (provitamin A), thiamine (B1), riboflavin (B2), folic acid (B9), pyridoxine (B6), rutin (P), as well as pectin and tannin. They also contain natural macroelements (magnesium, boron, sodium, potassium, calcium, phosphorus) and microelements (manganese, copper, barium, silicon, iodine) advantageous to the human organism.

In terms of levels of vitamin C, haskap berries are similar to lemons with their fruits containing 40-60 mg%, and leaves even to 200 mg% (source: Сады России; Lidia Vasilievna Yurina).

Other sources present the vitamin C at levels up to 150 mg/100 g (source:Сады России; Vladimir Sergeevich Ilyin).

The fruits contain 50% more of polyphenols (including 5 times more anthocyanins), and over twice as much active antioxidants in comparison to blueberries *V. myrtillus*. According to researches **the level of antioxidants is higher than of any tested fruits. Oxygen Radical Absorbance Capacity (ORAC) rating amounts to 13,400 mmol/100 g - a remarkable result!** Additionally, the amount of phenols at the level of 1,014 mg/100 g, anthocyanins - 949 mg/100 g, bioflavonoids - 887 mg/100g.

The fruits have large amounts of dry mass (19%), sugar (12.5%) – mainly glucose (75%), sucrose (up to 11.4%), and smaller amounts of fructose, galactose, rhamnose. Fresh fruit contain also great amounts of dietetic products, such as sorbitol and inositol. The above-mentioned substances are crucial for anticancer, heart diseases, and diabetes.

**Portion of 100 g of haskap berries contains app. 300-500 mg of anthocyanins.**

#### **Nutrition (100g serving):**

- High in total phenolics & anthocyanins (highest of all berry fruit)
- Very high vitamin C: 76% dv (cell health: skin, blood vessel, bone, cartilage; wound healing)
- Low calories: 2.6% dv (53kcal/100g)
- Glycaemic Load: TBA (less than 10 = low effect on blood sugars)
- Sugars: 6-8% of haskap berries are sugar carbohydrates

## **TEN BENEFITS OF HASKAP BERRY (*Lonicera caerulea*)**

- 1. Haskap berry can tame inflammations**
- 2. Haskap berry for eyes**
- 3. Haskap berry for cancer treatment**
- 4. Haskap berry for cardiovascular benefits**
- 4. Haskap berry for cardiovascular benefits**
- 5. Haskap berry is low in calories but high in nutrients**
- 6. Haskap berry is rich in antioxidants**
- 7. Haskap berry to lower the blood pressure**
- 8. Haskap berry can help improve the brain function**
- 9. Haskap berry possesses anti-diabetic effect**
- 10. Haskap berry for urinary tract infections**

