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OREGON
BLACK
RASPBERRY



PACKS
A
PUNCH

The Oregon black raspberry has long been used in premium food products, prized for its singular flavor and deep color. It is now proving to be among the most potent nutraceuticals, making it a prime candidate for inclusion in health foods.

The phytochemicals contained in many fruits, vegetables, and nuts play important roles in promoting health and preventing disease. Oregon black raspberries have uncommonly high concentrations of a number of these compounds, particularly ellagic acid and various anthocyanins. Consequently, the ORAC values of black raspberries are staggering, with some varieties exceeding 160 μmole_fl TE/g.

As continuing research reveals more about the surpassing benefits of black raspberries, food processors and manufacturers will find it to their increasing advantage to include Oregon black raspberries in their products.

New data on the nutraceutical benefits of black raspberries and other Oregon berries is being released almost continuously. If you should have questions or would like more information, please call or visit our website at www.oregon-berries.com.

The National Cancer Institute recommends that every American eat at least four to six servings of fruit and vegetables each day. We suggest that one of these servings be berries.

– Dr. Gary Stoner, Ohio State University, School of Public Health

A NUTRACEUTICAL KNOCK-OUT

Among nutraceutical foods, the Oregon black raspberry is proving itself one of nature’s true powerhouses. The black raspberry is rich in anthocyanins and ellagic acid, which are strong antioxidants.

Anthocyanins also have anti-inflammatory and vasoprotective properties. Recent research suggests they can help improve night vision. Ellagic acid is the subject of intense study because it is a proven anti-mutagen, anti-carcinogen, and anti-cancer initiator. It has been shown to inhibit the growth of a variety of cancer cells, including liver, colon, esophageal, and pancreatic cancers.

The consumption of black raspberries is linked with the prevention of esophageal and colon cancers, and with the prevention of malignancies in pre-cancerous growths.

ANTHOCYANIN VALUES (MG/100G FW)

Black Raspberry214-589
Elderberry135-827
Blueberry (high bush)129
Plum	5



AN ANTIOXIDANT AGENT

Free oxygen radicals can damage DNA, damage cells, initiate carcinogenesis, and oxidize LDL cholesterol – a step in the development of heart disease. Various antioxidants bind, inhibit, or otherwise disarm oxygen radicals. Oxygen radical absorption capacity (ORAC) is a measure of total hydrophilic antioxidant capacity.

Eating high-ORAC foods can significantly raise the antioxidant power of human blood. The Oregon black raspberry has an ORAC value of over 160 μmole_fl TE/g, which compares favorably to the blueberry, which is well-known for its antioxidant properties. Lab research suggests that antioxidants may also help prevent memory loss and promote cognitive functioning.

AND LET’S NOT FORGET:

Nothing tastes like an Oregon black raspberry. Its flavor is unique, and when “black caps” are needed, nothing else will do. Oregon is a perfect place to get black raspberries. The volcanic soils are conducive for growing almost anything on a vine, and the climate is tailor-made for concentrating flavor and color in each individual berry.



With its singular flavor, intense color, and extensive nutraceutical qualities, Oregon black raspberries are an ideal ingredient, adding nutritional value to any food product.

Oregon black raspberry purees are often used in jams, jellies, and ice creams. Concentrates are employed primarily as a colorant for jams, jellies, and beverages, while straight pack and block frozen black raspberries are used for preserves and baked foods. Individually quick-frozen (IQF) black raspberries are also available, and often used in baked goods.

The Oregon black raspberry is an excellent colorant, lending an intense, appetizing hue most frequently to jams, jellies and beverages. Because of the extraordinary intensity of its color, food manufacturers can use one-third the amount of black raspberry concentrate compared to the measure of blueberry, elderberry, or bilberry concentrates they would otherwise have to use.