



A
SMALL
BUT
MIGHTY
NUTRITIONAL
FORCE.

Oregon caneberries have recently earned a healthy new nutritional distinction, giving us yet another incentive to include berries in our daily diets, year-round. Fresh, cooked, or frozen, Oregon caneberries have demonstrated such powerfully beneficial properties that they have been classified as *nutraceuticals*.

Nutraceuticals are foods or parts of a food that provide medical or health benefits beyond basic nutrition, including prevention and treatment of disease. These properties apply to all of our Oregon berries – red raspberries, black raspberries, Evergreen blackberries, Marionberries, and Boysenberries.

Grown abundantly in Oregon's fertile Willamette Valley, berries are rich in naturally occurring, healthful plant compounds called phytochemicals. These compounds, along with the vitamins, minerals, and fiber found in berries, provide significant health benefits, even in a daily serving as small as one-half cup.

For ongoing recipe inspiration and nutritional updates visit us at www.oregon-berries.com.

OREGON CANEBERRIES

When we use the term 'caneberry', we refer to berries that grow on a long, woody stem or cane. From left to right, we show some of the Oregon berries that qualify as caneberries:

A SHORT LESSON IN BERRY SCIENCE.

When it comes to nutrition, no one has been able to outsmart Mother Nature. Consider what researchers have found present within the confines of a small caneberry.

Besides containing proteins, fats, carbohydrates, vitamins, and minerals, Oregon caneberrries contain several extremely important phytochemicals (naturally occurring chemicals from plants) which research shows may slow down the aging process, boost immunity, and protect against chronic disease.

So, why not just take a nutritional supplement? Research shows that it is a combination of phytochemicals working together with caneberry fiber, vitamins, and minerals which make it so wholly effective. For example, the combination of anthocyanins, Vitamin C, and ellagic acid can act together as antioxidants, contributing to the high ORAC (Oxygen Radical Absorbance Capacity) value found in caneberrries. Scientists have also found that caneberrries may have cancer-fighting properties, which cannot yet be attributed to only one component. Below, we show some of the phytochemicals present in caneberrries, and some of their potential health benefits.

DIETARY FIBER

A carbohydrate-like substance found only in plants. Dietary fiber helps maintain a healthy gastrointestinal tract and may help prevent certain types of cancers. It can also help to reduce blood cholesterol levels and lower the risk of heart disease.

CATECHINS

Catechins are flavanols (a group of flavonoid phytochemicals) that support the antioxidant defense system. Catechins found in caneberrries are very similar to those found in green tea which studies show may contribute to cancer prevention.

ANTHOCYANINS

Anthocyanins, a group of flavonoid phytochemicals, are color pigments and act as powerful antioxidants in the body. They work by 'sponging up' free radicals to prevent them from harming normal components of the cell.

SALICYLIC ACID

The salicylic acid found in caneberrries may prove to have the same protective effect against heart disease as aspirin. Aspirin is a closely related compound known to pharmacists as salicylic acid acetate. The therapeutic successes of small daily doses of aspirin to inhibit atherosclerosis suggest the possibility that salicylic acid consumed in foods may provide a similar benefit.

PHYTO-ESTROGEN

Phyto-estrogen is a plant-source of estrogen that is a naturally occurring component in caneberrries. Preliminary studies show phyto-estrogen may be a protective agent against breast and cervical cancer.

QUERCETIN

A flavonol that works as an anti-carcinogen and an antioxidant, quercetin has also been shown to reduce the release of histamine and may be effective against allergies.

ELLAGIC ACID

Ellagic acid has been shown to have potential anti-carcinogenic properties. It is only found in certain fruits and some of the highest concentrations are found in caneberrries.

VITAMIN C

Also known as ascorbic acid, Vitamin C is a nutrient that functions as an antioxidant. Like the antioxidant phytochemicals, Vitamin C 'sponges up' free radicals to prevent them from doing harm.



BLACK RASPBERRY



BOYSENBERRY



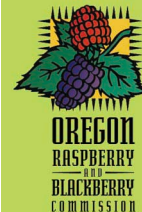
**EVERGREEN
BLACKBERRY**



MARIONBERRY



RED RASPBERRY



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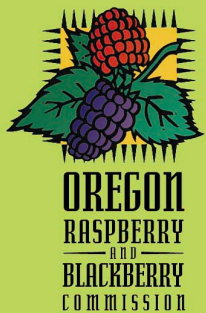
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Eating the recommended serving size of one-half cup of berries every day can make a healthy difference in your life. Fortunately, Oregon farmers use a fresh-freezing technique that allows berries to be picked fresh and immediately frozen in time, ensuring that the flavor of the fruit is maintained. These fresh-frozen berries are available in your local grocer's freezer case year-round. And because they retain all the healthy nutritional benefits when frozen, you can always grab a frozen bag or two when you shop and enjoy them any time. Here are just a few berry ideas for your inspiration — with a little creativity, you'll think of even more.

- Add berries to your favorite smoothie recipe.
- Puree the berries and use in a marinade for poultry.
- Mix with fruit juice and make popsicles for the kids.
- When filling your ice trays, add a few berries for fun color.
- Choose berry juices, yogurt, health bars, cereals, and baked goods.
- Serve berries as a garnish with cheeses on an appetizer tray.
- For celebrations, drop a few berries in the champagne glasses!



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CURRIED CHICKEN SALAD WITH MARIONBERRIES

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| 1lb. boneless, skinless chicken breasts (approximately 3) | 1/4 tablespoon lemon juice |
| 1 tablespoon olive oil | 1/4 teaspoon ground ginger |
| Salt and pepper to taste | 1 green onion, chopped |
| 1/3 cup reduced fat mayonnaise | 1 celery stalk, chopped |
| 1 tablespoon dry white wine | 1/4 cup raisins |
| 2 tablespoons mango chutney | 2 cups fresh or frozen Marionberries |
| 1/2 tablespoon curry powder | 1/2 cup roasted, salted cashews |

Heat olive oil in nonstick cooking pan, add chicken breasts and sauté for 5 minutes. Turn, sauté for 5 more minutes or until done. Season to taste with salt and pepper. Remove from pan and cool in refrigerator for 20-30 minutes. Cut meat into 1/2 inch cubes.

Combine mayonnaise, wine, chutney, curry powder, lemon juice, and ginger in a large bowl. Add chicken, onions, celery, raisins, and fresh or frozen Marionberries; toss to coat. Season with salt and pepper. If using frozen berries, allow salad to sit in refrigerator for 1/2 hour before serving. Immediately before serving, add cashews. Serve on a bed of lettuce or in pocket bread.

Serves 4

SAUTÉED CHICKEN BREASTS WITH MARIONBERRY SAUCE

4 boneless, skinless chicken breasts 1/4 cup currant jelly
2 tablespoons olive oil 1/4 cup chicken stock
2 tablespoons butter Salt and pepper to taste
1/4 cup onion, chopped 2 tablespoons corn starch
1/2 cup sherry 1/2 cup Marionberries, fresh or frozen
1 cup Marionberries or (gently thaw frozen berries)
blackberries, fresh or frozen

PUREE: Place 1 cup fresh or thawed frozen berries in food mill, blender, or food processor and process until smooth. Seeds may be removed by straining through a medium sieve.

Add small amount of oil to medium sized pan. Sauté chicken breasts for 5 minutes on each side or until meat is cooked through. Season to taste with salt and pepper. Remove to platter and keep warm.

Melt butter in saucepan. Add onion and sauté until transparent. Add sherry and simmer until reduced by 1/3. Mix Marionberry puree, currant jelly, chicken stock, and cornstarch together in a small bowl. Add to hot sherry in small amounts, mixing and stirring until thickened. Remove from heat and gently fold in 1/2 cup Marionberries. Pour over chicken and serve.

Serves 4. *Note: Sauce is also delicious over pork chops.*



BERRY BARS

2 cups fresh or frozen blackberries 1 cup all-purpose flour
or raspberries 1 cup quick cooking rolled oats
2 tablespoons sugar 2/3 cup packed brown sugar
2 tablespoons water 1/4 teaspoon ground cinnamon
1 tablespoon lemon juice 1/8 teaspoon baking soda
1/2 teaspoon ground cinnamon 1/2 cup margarine or butter, melted

FILLING: In a medium saucepan, combine berries, sugar, water, lemon juice and 1/2 teaspoon cinnamon.

Bring to a boil. Reduce heat. Simmer, uncovered, for about 8 minutes or until slightly thickened. Stir frequently. Remove from heat and set aside.

In a mixing bowl, stir together flour, oats, brown sugar, 1/4 teaspoon cinnamon, and baking soda. Stir in melted margarine or butter until thoroughly combined. Set aside one cup of the oat mixture for topping.

Press remaining oat mixture into an ungreased 9x9x2-inch pan. Bake in a 350-degree oven for 20-25 minutes. Carefully spread filling on top of baked crust. Sprinkle with reserved oat mixture and lightly press into filling. Bake in the 350-degree oven for 20-25 minutes more or until topping is set. Cool in pan on a wire rack. Cut into bars.

Makes 18 bars