Gooseberries

**Nutrition:**

- Gooseberries are low calorie, high in fiber and an excellent source of Vitamin A and C and pack with antioxidants.
- Vitamin A is important for your vision. It helps keep your eyes healthy so you can see; especially in the dark!

**Did you know?**

- Gooseberries are small, firm, almost translucent fruit which grow wild on thorny bushes in various parts of the world.
- Gooseberry originates from Europe, northwestern Africa, and southeast Asia.
- Gooseberry blooms during the spring and attracts various insects. Flowers are also suitable for pollination by the wind.
- Some say it tastes similar to a grape, others say it’s a mix between a tomato and pineapple...

**More:**

- Gooseberry is a common name for many species of Ribes, as well as a large number of plants of similar appearance. The berries of those in the genus Ribes are edible and may be green, red, purple, yellow, white, or black.
- The high pectin content makes gooseberry a good preserve and jam product that can be used as a dessert topping. The fruit also dries into tasty "raisins".