

# Gooseberries



## ***Nutrition:***

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- **Gooseberries are low calorie, high in fiber 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?***

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- **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:***

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- **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".**

