

Black Raspberry Characteristics

OREGON
RASPBERRY
AND
BLACKBERRY
COMMISSION



Black Raspberry (*Rubus occidentalis*)

- ◆ Fresh season typically July 1st through July 21st
- ◆ Small-sized (2g) round, blue-black berry with a small seed.
- ◆ Also known as “Blackcaps”
- ◆ Native to North America
- ◆ Extremely dark pigment allows black raspberries to be used as a coloring agent. The USDA stamp on meat was made with black raspberry dye for many years.



Health Benefits-

- ◆ The king of berries in terms of health benefits.
- ◆ Has an extremely high overall level of phenolic compounds compared to other berries. Phenolic compounds such as ellagic acid, gallic acid and rutin contribute to the health benefits of black raspberries.
- ◆ Contains high levels of anthocyanins, which give them their rich, dark color. Anthocyanins work as antioxidants that help fight free radical damage in the body. The anthocyanin level of black raspberries is 214-589 mg/100g.
- ◆ Antioxidant levels of food is sometimes measured as ORAC (Oxygen Radical Absorption Capacity). The ORAC level of black raspberries is 77 μ moles /TE/g, about three times higher than blueberries, a very powerful antioxidant.
- ◆ Black raspberries are rich in ellagic acid. Ellagic acid is a phenolic compound known to be a potent anti-carcinogen, anti-viral and anti-bacterial. The ellagic acid level of black raspberries is 5.37 mg/g of dry weight.
- ◆ University studies are underway to determine black raspberries' ability to slow the growth of certain cancers. In vitro studies show that extracts of raspberries and blackberries may slow or reverse the growth of breast, cervical, colon, oral and esophageal cancers.
- ◆ Studies at Ohio State University showed a 60 –80 % reduction in colon tumors in rats fed a diet with black raspberries added.
- ◆ Studies at Ohio State University showed an 80% reduction in esophageal cancers in mice fed a 5-10% diet of black raspberries
- ◆ Scientists from Ohio State University are now conducting human clinical trials into the effects of black raspberries on colon and esophageal cancer in humans.
- ◆ Black raspberries continue to generate a high level of interest from research scientists due to their potent antioxidant and anti-cancer properties.



Black Raspberry Technical Data



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Nutrition

<i>Amount in 100g</i>	<i>IQF</i>	<i>Puree</i>
Brix	9.8-11.8	10.5-18.0
Calories	72.54	60.11
Calories from Fat	0.14	0.63
Total Carbohydrates (g)	16.75	14.12
Lipids (g)	0.02	0.07
Protein (g)	1.35	0.75
Dietary Fiber (g)	1.68	2.17
Sugar(g)	5.15	4.44
Vitamin A (IU)	38.00	<30
Vitamin C (mg)	2.36	1.47
Calcium (mg)	32.00	21.00
Iron (mg)	1.35	0.91

Chemical Properties

pH	3.1 – 4.3
Titrateable Acid	0.26-1.07
Soluble Solids	10 -18 Brix

