

Blue Berry Nutritional Value

== Description ==

Blueberry They are classified in the section Cyanococcus within the genus. distributed and widespread group of perennial flowering plants with blue or purple berries

Elders are mostly fast-growing shrubs or small trees 3–10 m (9.8–32.8 ft) (rarely to 14 m (46 ft)) tall, with a few species being herbaceous plants 1–2 m (3 ft 3 in – 6 ft 7 in) tall. The oppositely arranged leaves are pinnate with 5–9 leaflets (or, rarely, 3 or 11). Each leaf is 5–30 centimetres (2–12 in) long, and the leaflets have serrated margins. They bear large clusters of small white or cream-coloured flowers in late spring or early summer; these are followed by clusters of small berries that are green when immature, ripening black, blue-black, or red (rarely yellow or white).

Berry (botany) Berries may be formed from one or more carpels from the same flower (i. e. from a simple or a compound ovary). In botany, a berry is a fleshy fruit produced from a single flower containing one ovary. The seeds are usually embedded in the fleshy interior of the ovary, but there are some non-fleshy exceptions, such as Capsicum species, with air rather than pulp around their seeds. Berries so defined include grapes, currants, and tomatoes, as In botany, a berry is a fleshy fruit produced from a single flower containing one ovary. The berry is the most common type of fleshy fruit in which the entire outer layer of the ovary wall ripens into a potentially edible "pericarp". Berries so defined include grapes, currants, and tomatoes, as well as cucumbers, eggplants (aubergines), persimmons and bananas, but exclude certain fruits that meet the culinary definition of berries, such as strawberries and raspberries

The plant was originally described from Angola, in southern Africa. It has large, smooth, narrow leaves, and pale pink or whitish flowers on a stem about 60 cm high. The fruit capsule is about 4 mm in diameter. The fruit is a berry 8–14 mm (3⁄8–1⁄2 in) diameter, ranging in color from blue to purple to red to orange to yellow. The color does not necessarily indicate the ripeness of the berries. They taste somewhat similar to the related cranberries, less ripe ones being tart, while ripe berries are quite sweet but bland. The flowers are bell-shaped, 8–12 millimetres (3⁄8–1⁄2 in) long, variable in color, red to yellow or pink. Many berries are edible, but others, such as the fruits of the potato and the deadly nightshade, are poisonous to humans.

Lonicera caerulea “Blue honeysuckle fruit (Lonicera caerulea L. Innocenti, M; et al.) from eastern Russia: Phenolic composition, nutritional value and biological activities Lonicera caerulea, commonly known as honeyberry or by various honeysuckle names, is a non-climbing honeysuckle native throughout the cool temperate Northern Hemisphere regions of North America, Europe, and Asia. (2016)

In everyday English, a "berry" is any small edible fruit. Berries are usually juicy, round, brightly coloured, sweet or sour, and do not have a stone or pit, although many small seeds may be present. The common usage of the term "berry" is different from the scientific or botanical definition of a berry, which refers to a fleshy fruit produced from the ovary of a single flower where the outer layer of the ovary wall develops into an edible fleshy portion (pericarp). The botanical definition includes many fruits that are not commonly known or referred to as berries, such as grapes, tomatoes, cucumbers, eggplants, bananas, and chili peppers. Fruits commonly considered berries but excluded by the botanical definition include strawberries, raspberries, and blackberries, which are aggregate fruits, and mulberries, which are multiple fruits. Watermelons and pumpkins are giant berries that fall into the category "pepos". A plant bearing berries is said to be bacciferous...

Caper Frontiers in Pharmacology.): An updated review on its phytochemistry, nutritional value, traditional uses, and therapeutic potential“; . “Caper (Capparis spinosa L

Fruit Roll-Ups and formerly on skin. Berry Lemonade/Cherry Slushie Crazy Pix Cool Chix Berry Wave Crazy Pix Wild Ones Blastin’; Berry Electric Blue Raspberry Flavor Wave Fruit Roll-Ups is a fruit-flavored snack brand first sold in grocery stores in 1979 by General Mills under its Fruit Corners label, a subsidiary of Betty Crocker

‘Ōhelo ‘ai is a shrub usually 0.1–1.3 metres (1⁄2–4+1⁄2 feet) tall, rarely up to 2 m (6+1⁄2 ft). The leaves are evergreen, spirally arranged, leathery, oval, 1–3 centimetres (1⁄2–1+1⁄4 inches) long, red when freshly emerging, then green or green with reddish patches. Joray Fruit Rolls are a round, fruit leather product from New York that predates Fruit Roll-Ups. Fruit Roll-Ups have a more rubbery texture than the natural rolls and though were originally round in shape, they are now shaped like a parallelogram.

Berry . A berry is a small, pulpy, and often edible fruit. Common examples of berries in the culinary sense are strawberries, raspberries, blueberries, blackberries, white currants, blackcurrants, and redcurrants. In Britain, soft fruit is a horticultural term for such fruits. Typically, berries are juicy, rounded, brightly colored, sweet, sour or tart, and do not have a stone or pit although many pips or seeds may be present. Typically, berries are juicy, rounded, brightly colored, sweet, sour or tart, and do not have a stone A berry is a small, pulpy, and often edible fruit

== Description == The plant or its fruit has also come to be called haskap, derived from its name in the language of the native Ainu people of Hokkaido, Japan.

Sambucus S. Native to Europe and West Asia, the plant is distributed to northwest Africa, South America, Australia, and

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North America in temperate climates. summer; these are followed by clusters of small berries that are green when immature, ripening black, blue-black, or red (rarely yellow or white). canadensis Sambucus is a genus of between 20 and 30 species of flowering plants in the family Viburnaceae. The various species are commonly referred to as elder, with the flowers as elderflower, and the fruit as elderberry 185c8bfba6

A plant that bears berries is said to be bacciferous or baccate (from Latin bacca). 185c8bfba6

Polia condensata The birds sometimes decorate their nest with the berries, which over the long term helps to disperse Polia condensata, sometimes called the marble berry, is a perennial herbaceous plant with stoloniferous stems and hard, dry, shiny, round, metallic-looking blue fruit. It is found in forested regions of Africa. attractive to some birds despite having no nutritional value. The blue colour of the fruit, created by structural coloration, is the most intense of any known biological material 185c8bfba6

General Mills' research for the product began in 1975. 185c8bfba6 Haskap cultivars can survive a large range of soil acidity from 3.9-7.7 (optimum 5.5-6.5), requiring high organic matter, well drained soils, and plentiful sunlight for optimum productivity. Lonicera... 185c8bfba6 == Botanical berries == 185c8bfba6 The plant is winter-hardy and can tolerate temperatures below -47 °C (-53 °F). Its flowers are frost-tolerant. Fruits mature early and are high in vitamin C. 185c8bfba6 == Description == 185c8bfba6

Vaccinium reticulatum The fruit is a berry 8-14 mm (3/8-1/2 in) diameter, ranging in color from blue to purple to red to orange to yellow. The color Vaccinium reticulatum, known as 'ōhelo 'ai in Hawaiian, is a species of Hawaiian Vaccinium. color, red to yellow or pink 185c8bfba6

Sting Energy including Gold Rush, Power Pacq (with Malunggay), Berry Blast (Strawberry), and Blue Thunder (Blue Raspberry). Typical ingredients include carbonated 185c8bfba6

== History == 185c8bfba6 The product is a flat, corn-syrup-based, fruit-flavored sheet rolled into a tube and laid on cellophane to keep it from sticking to itself. 185c8bfba6 Today, Fruit Roll-Ups remain manufactured by General Mills and distributed under the Betty Crocker brand in the United States and under the Uncle Tobys brand in Australia. Several similar products have been marketed by General Mills and by other companies. 185c8bfba6 Haskap is a deciduous shrub growing to 1.5-2 m (4 ft 11 in - 6 ft 7 in) tall. The leaves are opposite, oval, 3-8 cm (1.2-3.1 in) long and 1-3 cm (0.39-1.18 in) broad, greyish green, with a slightly waxy texture. The flowers are yellowish-white, 12-16 mm long, with five equal lobes; they are produced in pairs on the shoots. The fruit is an edible, blue berry, somewhat cylindrical in shape weighing 1.3 to 2.2 grams (0.046 to 0.078 oz), and about 1 cm (0.39 in) in diameter. 185c8bfba6 == Description == 185c8bfba6

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