



Groundbirch near Dawson Creek, BC

Know your farmer – know your food



ABOUT BLACK CURRANTS

Currants may be tiny, but they pack a big nutritional punch. Like other berries, they are excellent sources of fiber, vitamin C, and antioxidants, especially the flavonoid anthocyanin. While they've long been used in traditional medicine, researchers are now finding scientific evidence for the anti-inflammatory, antioxidant, and antimicrobial powers of currants.



NUTRITION FACTS

- ✓ Excellent Source of Vitamine C
- ✓ Cholesterol Free
- ✓ Low Sodium
- ✓ Low Fat



Black Currant

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BLACK CURRANT JAM

Local BC Peace River Black Currant Jam

Net 375 ml

Ingredients: Black Currant, Sugar or our own Honey, Fruit Pectin

BLACK CURRANT CONCENTRATE

Local BC Peace River Black Currant Concentrate

Net 375 ml

Ingredients: Black Currant, (Sugar)

!!! More than 65% berries - sweetened with a little bit of sugar or honey as a limited edition. A delicious, natural product!!!

Shelf life: 2 years

Case pack: 12 jars | Case size: 14x11x6", 22 lbs

GET
CONNECTED!



WHY BLACK CURRANTS?

Currants are a carbohydrate rich-fruit filled with nutrients including vitamin C, iron, and calcium. They are naturally fat-free and low in sodium - Just give it a try!

ORDER YOUR PRODUCTS HERE

Aline Steffens

Ravenwoodfarm BC Team

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