

# Black Currants



## Selecting

Black currants are berries that grow in bunches or clusters on bushes.

When buying currants look for clean boxes, since stains on box bottoms indicate some of the contents have been squashed.

Black currants should be firm, bright in colour and shiny. They are best when attached to stems in clusters, rather than separated from stems.

## Storing

Currants can be stored in the fridge for a few days. To keep them longer, remove the stem, wash and dry, place on a tray and freeze until solid. Pack in a freezer bag and freeze up to a year.

## Preparing

Rinse under cold water and gently remove the stems. Currants can be eaten raw but they are sour. They can be mixed with other fruit for salads; used in pies, tarts and muffins or jams and jellies as well as juices.

## Seasonality

Black currants are available locally in July and August.

## Nutrition

Black currants are an excellent source of Vitamin C and contain fibre and iron. They are also high in pectin which can help to lower blood cholesterol and help to prevent constipation.



Elevate your fruit salad by adding black currants to an existing recipe like this one:  
[www.halfyourplate.ca/recipe/simple-fruit-salad/](http://www.halfyourplate.ca/recipe/simple-fruit-salad/)

