

ORGANIC GOLDEN BERRIES

(AKA CAPE GOOSEBERRIES)



NEW!



WHAT'S A GOLDENBERRY?

GoldenBerries, also known as **Cape Gooseberries**, are a tangy, low glyce-mic fruit. The **Goldenberry** (*Physalis Peruviana*) is a cousin of the tomatillo. Fresh **Organic GoldenBerries**, with the husk or peeled, are now available from Columbia.

Some are referring to **GoldenBerries** as a Super Food. **Why?** The **Golden-Berry** is an excellent source of vitamin A and D, low-glycemic and contains additional vitamins, fiber, and protein.

The flavor is a mixture of tangy and sweet. **GoldenBerries** are ideal for adding to smoothies, fruit salads, and salsas. They also can be used with salad greens or served with savory meats and cheeses. The **GoldenBerry** has a high pectic content making it ideal for jams and jellies. Try dipping them in chocolate!

For more information, check out <http://www.andesfruits.co/>



SERVE WITH HUSKS TWISTED BACK



DIP IN CHOCOLATE