

Fruit of the Month

Gooseberries



Though this intriguing berry grows wild in many locations throughout the continental United States, it's generally cultivated in tropical zones such as Hawaii, Australia, New Zealand, South Africa, Asia, and Central and South America. At first glance the cape gooseberry with its inflated, papery skin, looks somewhat like a Chinese lantern. The bittersweet, juicy berries that hide inside the skin are opaque and golden in color. Imported cape gooseberries are available from March to July.

The English had a passion for gooseberries and in colonial days gooseberry wines, pies and puddings were very popular. However, today many of those recipes have all but disappeared from cookbooks.

Gooseberries are cultivated on a commercial scale in Oregon, but the vast majority of the crop is canned. Fresh berries are usually imported and are found in specialty produce markets. The popularity of gooseberries has been increasing over the past few years and fresh berries are becoming easier to find. The berries taste of a sweet tangy mixture of pineapple and strawberry. The fruits make an interesting addition to salads, cooked dishes, and as a garnish.

Selection

Choose hard, dry berries, with a rich sheen. If you are looking for less tartness, head for the pinkish or purplish tones. Look for those with a bright golden color; green berries are not ripe. However, pick gooseberries green for pies and jams.

Storage

Gooseberries store well and will stay fresh in the refrigerator for about two weeks. They should turn pinker and softer during their time in storage. Once they turn purple, the fruit is still good for purees for another week.

Preparation

Gooseberries vary in their bitterness. Some varieties are too bitter to eat raw, so taste one first. The less-bitter varieties of gooseberries are often added to fruit salads or used as garnish for dessert plates. To use the berries, peel back the parchment-like husk and rinse. Remove the stems and tops with scissors before eating or cooking. Gooseberries may be poached and eaten cooked or added to sugar or syrup for a sauce. To retain the shape of the berry, poach slowly. They are done when the seeds have escaped and the skins collapse.

Nutrition Facts

Serving Size (89g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 1g

Vitamin A 4% • Vitamin C 140%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Varieties

There are two types of gooseberries, the American and the European. The European varieties have larger and more flavorful fruits.

Pixwell: (American) This variety produces round 1/2-inch berries that are light green, maturing to a soft pink.

Welcome: (American) This variety produces a sweeter and darker fruit at maturity than the Pixwell and also produces a 1/2-inch berry.

Clark: The most productive of the European gooseberry types. The berries are very large and red when ripe.

Fredonia: (European) Available early mid-season. Ripens several days after Clark. Berries are also large and red when ripe.

Make Gooseberries Part of Your 5 A Day Plan



- Cook with apples or ginger to make a distinctive dessert.
- Try drying the fruit to make a tasty treat.
- Add gooseberries to your favorite salad.
- Introduce it to others by using it as a garnish.
- Make it into jam.

Recipes

Spiced Gooseberry Sauce

Makes 2 1/2 cups (1/2 cup per serving)

Each serving equals one 5 A Day serving

Source: Oregon Fruit Products

1 can (16.5 ounces) Oregon Gooseberries

$\frac{1}{4}$ cup brown sugar

2 tsp cornstarch

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ tsp cloves

$\frac{1}{4}$ tsp salt

Drain gooseberries, reserving syrup. Combine gooseberry syrup, sugar, cornstarch, spices and salt in small saucepan. Cook, stirring constantly, until thickened and clear. Stir in gooseberries and heat through. Serve spiced gooseberry sauce warm with meat or poultry.

Nutritional analysis per serving: calories 88, protein 1g, fat 1g, percent calories from fat 5%, cholesterol 0mg, carbohydrates 22g, fiber 4g, sodium 100mg

Gooseberry Chutney

Makes 16 servings

Each serving equals one 5 A Day serving

- 4 lb Gooseberries
- 3 medium sized onions
- 3 cups brown sugar, tightly packed
- 1½ cups cider vinegar
- 1½ cups dry white wine
- 1 cup seedless raisins
- 1 tsp salt
- 2 tsp dry mustard
- 1 tsp ground ginger
- 1 tsp turmeric
- ½ tsp cayenne pepper



Wash the gooseberries and remove the stems and blossoms. Chop or grind the gooseberries and onions together and place them in a preserving kettle with the remaining ingredients. Cook this mixture uncovered over low heat, stirring frequently, until it thickens, about 2 hours. Ladle into hot, sterilized jars and seal immediately.

Nutritional analysis per serving: calories 263, protein 2g, fat 1g, percent calories from fat 2%, cholesterol 0mg, carbohydrates 66g, fiber 6g, sodium 272mg

Gooseberry Crunch

Makes 9 servings

Each serving equals one 5 A Day serving

Source: Gingerich Farms



- 1 cup flour
- $\frac{3}{4}$ cup rolled oats
- 1 cup packed brown sugar
- $\frac{1}{2}$ cup soft butter
- 1 tsp cinnamon
- 4 cups gooseberries
- 1 cup sugar
- 2 Tbsp cornstarch
- 1 cup water
- 1 tsp vanilla

Mix together crumb topping until crumbly. Press half of crumbs into 9" greased pan. In saucepan combine sugar, cornstarch, water and vanilla. Bring to boil, add fruit and cook until clear and thick. Pour over crumb mix and top with remaining crumbs. Bake in 350 degree oven for 45 minutes or until browned. Cut in squares, serve warm with whipped cream.

Nutrition information per serving: calories 360, protein 3g, fat 8g, percent calories from fat 20%, cholesterol 18mg, carbohydrates 71g, fiber 5g, sodium 12mg

Gooseberries, Apples, and Raisins in Wine

Makes 4 servings

Each serving equals two 5 A Day servings

1 cup sweet white wine

$\frac{1}{4}$ cup raisins

2 Tbsp sugar

1 pint green gooseberries, topped, and tailed

2 cups Yellow Delicious apples, quartered, cored, peeled, and cut into $\frac{1}{4}$ -inch slices

1 tsp cornstarch

4 Tbsp low-fat whipped cream

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{2}$ tsp powdered butter substitute

dash of nutmeg

Combine wine, raisins, and sugar in saucepan. Bring to a boil, then cover and simmer for 5 minutes. Add gooseberries; poach until just barely tender, about 5 to 8 minutes. Do not let syrup bubble or berries may burst. Transfer fruit gently with a slotted spoon to a serving dish. Add apples to syrup and poach until gently tender, approximately 5 to 10 minutes. Do not over cook, or the apples will be mushy. Transfer apples with slotted spoon to serving dish. Stir cornstarch in to syrup and cook for 1 minute, stirring constantly. Pour over fruit, let cool, and serve with whipped cream.

Nutrition information per serving: calories 185, protein 1g, fat 3g, percent calories from fat 12%, cholesterol 8mg, carbohydrates 38g, fiber 5g, sodium 367mg