



NJF Seminar 399

Beneficial health substances from berries and minor crops –

- How to increase their concentration in cultivated species, eliminate losses in processing and enhance dietary use

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Total Berry production in Nordic Countries is about 85-90 million kilos

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The annual crop of forest berries in Finland has been estimated to be more than 500 million kilograms. In Sweden the crop is estimated to be also more than 500 million kilos. In Finland about 10 % of the crop is picked for own use or commercially, in Sweden only 7 %. Commercial picking is about 15 million kilos/year in Finland and 15-20 million kilos in Sweden. In Sweden picking for own use is not as popular as in Finland, 30-35 million kilos/year.

The total commercial forest berry picking in Nordic countries is about 35 million kilos. The most important commercial forest berries are lingonberry and bilberry; also small quantities of cloudberry, crowberry, cranberry, sea buckthorn, rowanberry, bog whortleberry and arctic bramble are used different products. Export of Bilberries from Sweden and Finland is increasing, Lingonberry export is stable. Nowadays they are about 10-15 million kilos/year.

The most popular cultivated berry in Nordic countries is strawberry. The yield varies from 5 million kilos to 12 million kilos/country. Second is black currant. The yield varies from 0.5 million to 6 million kilos/country. Red currants and raspberries are also popular in Nordic countries. More seldom are cultivated sea buckthorn, gooseberry, green currant, white currant, blueberry, saskatoon, black berry, elderberry, sweet rowanberry, rosehip etc. The total crop of cultivated berries in Nordic countries is about 50 million kilos. Mainly the production is domestic and only small percentage of the berries is exported.

Fresh berries are available in summertime. The season is rather short and farmers try to continue it by cultivating some berries in greenhouses. Most of the harvest is preserved by freezing or by processing berries to juices, jams, jellies, etc. The consumption of berries is increasing in many foodstuffs. Berries are used in dairy products, bakery products, desserts, jams, juices, alcohol drinks, natural products and food supplements. Berries are coming also to cosmetics, cosmofood, energy and

sports drinks, sweets, meat and fish products etc.

The consumption of berries is highest in Finland, about 14.5 kg/person/year. Lingonberry, strawberry, bilberry, raspberry, black and red currant, cloudberry, gooseberry and cranberry are the most popular berries. Special berries are also becoming more popular. Arctic Flavours Association suggests to use berries 100 grams/day, 36.5 kilos/year. Berries have many healthy properties. Enjoy them – for your health!