
Black Currants

(*Ribes nigrum*)

Ben Connan (early)

Ben Hope (mid season)

Ben Sarek (mid season)

Ben Tirran (late)

Tiben (late)



Features:

- Food: - Berries and leaves for tea.
- Nutrition Facts:

Black currants are power house fruits, with over 300% of the daily required Vitamin C in a cup of berries (four times higher than citrus), and 2 to 3 times more potassium than most fruit. They are very high in antioxidants, seeds of black currants are rich in both omega-3 and omega-6 fatty acids. Besides Vitamin C, fresh fruit have an abundance of vitamins A, and B and contain between 6 and 9% sugar and 30 - 40 types of bioflavinoids

Characteristics:

Size	4' to 5' tall x 3' wide	Sun/Shade	1/2 day to full sun
Soil	any	Pollination	somewhat self-fertile
Zone	6-8	Water	medium
Bloom	April thru May	Harvest	June thru August
Decid. /Evrgreen	Deciduous		