

CURRANTS



HOW DO THEY TASTE?

Red, white and black currants all have a similar **spicy and tart berry flavor**. Red currants are the most tart and have the strongest flavor. White currants are less tart and slightly sweeter than red currants. Black currants are the least tart and have an earthy flavor.

HOW DO I PICK THEM?

Currants should be a rich red, black, or white color and should be firm and juicy.

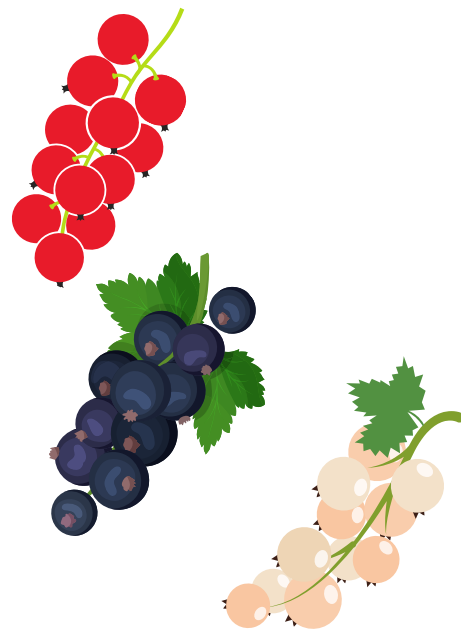
HOW DO I STORE THEM?

Refrigerate in a closed container for up to 6 days. Freeze the berries in a plastic bag for up to 10-12 months.

HOW DO I PREPARE THEM?

1. Rinse berries under cold water in a strainer to remove any dirt.
2. Enjoy berries whole or follow specific recipe directions for preparation.

Eat **fresh** currants plain, **add** to yogurt, oatmeal, green salad, smoothies, salsa or fruit salad, make a jelly or jam, **freeze** them for a frozen currant snack, or **bake** currants in muffins or bread for a sweet treat.



YOGURT PARFAIT (WITH CURRANTS)

Ingredients:

- 1 cup low-fat vanilla yogurt
- 1/2 cup fresh or frozen berries, such as currants
- 1/4 cup whole grain cereal

Directions:

1. In a small cup, spoon in half of the yogurt. Layer half of the berries in next.
2. Spoon in the rest of the yogurt, then the rest of the berries.
3. Top with the cereal. Enjoy!



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KITCHEN TIP!

To make your own dried currants, spread berries out in a single layer on a lined baking sheet. Bake in the oven on low heat until all the moisture is gone. Store in a sealed container for up to 6 months.