

Harvest of the Month

Gooseberry

Calories

66

Total Fat

1g

1
cup

Sodium

1mg

Sugars

0g

FUN FACTS:

The tart gooseberry can be as small as a blueberry or as big as a cherry tomato.

Although they are normally green with light colored stripes, they also come in red, purple, yellow, white, or black.

A great source of Vitamin C, gooseberries are eaten fresh, cooked in pies, crumbles, jellies and sauces, and used to flavor sodas.

This institution is an equal opportunity provider.

