

Organic Mulberries

Country of Origin: Turkey

Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 128	
Fat / Lipides 0.4 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 18 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	180 %
Calcium / Calcium	10 %
Iron / Fer	30 %

Factoid:

Mulberries are a fruit with a sweet yet tart taste. They are commonly eaten dried or used in baking, jams, jellies, yogurts, cereals, salads and dressings. The leaves of the mulberry plant are also prized as they are the major food source for silk worms. Mulberries provide nutrients such as phosphorus, potassium, calcium, fibre and various antioxidants such as resveratrol.

Ingredients:

Organic dried white mulberries.



Recipe:

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Mulberry Pie

Ingredients:

3C mulberries

1 1/4 white sugar

1/4 C plain flour

2 sheets pie crust sheet pastry

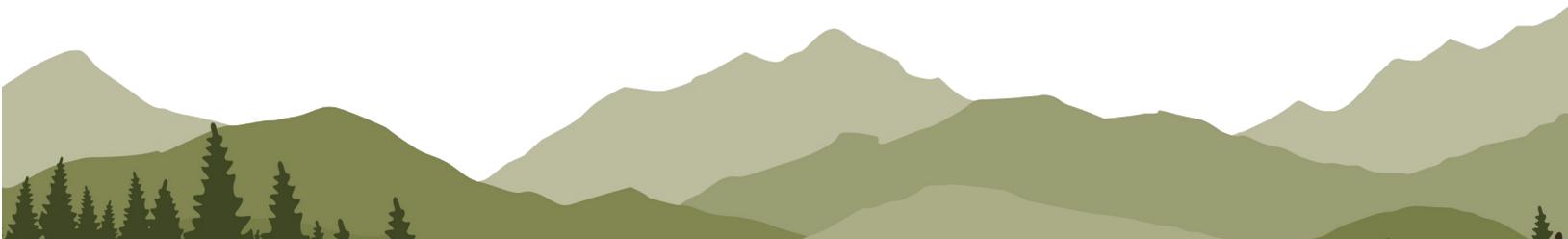
2 Tbl butter

1 Tbl milk

Instructions:

1. In a large bowl, mix berries with sugar and flour.
2. Place one sheet pastry at the bottom of a large pie dish. Place mixture on top of pastry, then dot with butter. Cover buttered fruit with second sheet of shortcrust pastry. Crimp edges, cut slits in upper crust and brush with milk. Let pie rest in refrigerator for 30 minutes.
3. Preheat oven to 200C (400F).
4. Bake pie in preheated oven for 15 minutes. Lower oven temperature to 175C and bake for more 30 minutes. Remove pie from oven and cool on a rack.

By Taste.com. See original recipe: <http://bit.ly/1GulPsZ>



Farmer:

Tradin

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Their organic mulberries are grown in western Turkey. They can be found on the large, white, deciduous mulberry trees native to the area. When harvested, the berries are laid out in the sun to dry naturally and have no additives or sweeteners. The smallholder farmers in the area also specialize in organic raisins, apricots, figs and other various fruits and nuts. Tradin has partnered with organic producers that know organic farming is healthier for themselves and for consumers. They are committed to organic because it is environmentally friendly, fosters biodiversity, and provides work opportunities and better incomes for the villagers of the area. For the farmers, it feels good to know that they are providing people with food that is organic. As well, working with the soil, plants, and nature helps them to feel that they are a part of it. By adhering to organic farming methods, that avoid pollution and work to achieve a natural balance, they have been able to preserve the region's biodiversity, respecting the lifecycles of its organisms, insects, butterflies, and birds. They choose organic agriculture because, unlike conventional methods, it considers the future as it works towards sustainability.

