

Currants

Photo by Leo Michel

Currants (Rubiaceae) are small, round berries that grow in clusters on woody stems. They are available in black, red, and white varieties. Black currants are the most common and are used in a variety of products, including jams, jellies, and wines. Red and white currants are also used in similar products, but they are less common.

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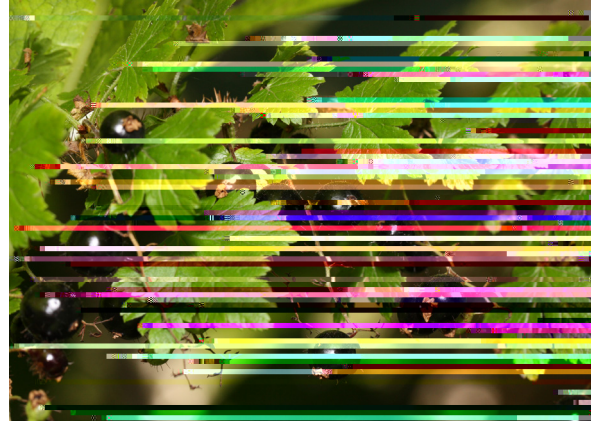


Photo by Walter Siegmund

Nutrition and Health

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Currants are a good source of antioxidants, including flavonoids and polyphenols. These compounds have been shown to have anti-inflammatory and anti-cancer properties. Currants are also a good source of vitamin C, which is important for immune function and skin health.



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Storage and Preservation

How to Clean and Store

Wash currants thoroughly in a colander under running water. Remove any stems or leaves. Store currants in a plastic bag in the refrigerator for up to 10 days. Currants can also be frozen for longer storage.

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How to Freeze

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Currant Jelly

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Currant Fruit Leather-

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