

# Marionberry Characteristics

OREGON  
RASPBERRY  
AND  
BLACKBERRY  
COMMISSION



## Marionberry (*Rubus ursinus*)

- ◆ Fresh season typically July 10<sup>th</sup> through August 10<sup>th</sup>
- ◆ Medium sized (5.0g) dark red to black colored berry with a medium seed and central receptacle.
- ◆ Known as the “Cabernet of Blackberries” for its complex, rich earthy flavor.
- ◆ Bred at Oregon State University and raised primarily in Oregon.
- ◆ Named after Marion County, Oregon
- ◆ Oregon produces 28 -33 million pounds annually.



## Health benefits –

- ◆ High in ellagic acid (5.83 mg/g) - a known chemopreventative.
- ◆ Contains high levels of anthocyanins (109-155 mg per 100g), polyphenolics that can protect against cancer, heart and circulatory diseases and age related mental decline
- ◆ High in antioxidants (28  $\mu$ mole TE/g per g.) measured as ORAC (PE) (Oxygen Radical Absorption Capacity) - one measure of the antioxidant levels of substances. The ORAC of blueberries, a known antioxidant, is 24  $\mu$ mole TE/g per g.
- ◆ Contains high levels of strong antioxidants such as Vitamin C, gallic acid and rutin that help promote circulatory health, and fight against cancer.
- ◆ Eating whole berries has been shown in scientific studies to be more beneficial than taking individual phytochemicals in the form of dietary supplements.



# Marionberry Technical Data



## Marionberry (Rubus ursinus)



### Nutrition

<i>Amount in 100g</i>	<i>Block Frozen</i>	<i>IQF</i>	<i>Puree</i>
Brix	10.4-12.7	11.2- 13.4	9.0- 16.0
Calories	63.64	54.72	41.43
Calories from Fat	1.08	0.77	0.59
Total Carbohydrates (g)	14.46	11.99	8.65
Lipids (g)	0.12	0.09	0.07
Protein (g)	1.18	1.50	1.56
Dietary Fiber (g)	4.83	3.10	0.94
Sugar(g)	8.72	5.65	3.60
Vitamin A (IU)	60.00	67.75	40.50
Vitamin C (mg)	1.99	1.99	1.87
Calcium (mg)	34.00	25.50	26.00
Iron (mg)	2.00	0.85	0.46
Sodium (mg)	0.56	4.88	1.88

### Chemical Properties

pH	2.8-3.8
Titrateable Acid	0.67-1.95
Soluble Solids	9 – 14 Brix
Total Sugar (in 100g)	9-16 g
Glucose	3.1g
Fructose	4.1g
Sucrose	0.4g
Maltose	0.5g
Organic Acids – Citric, Maltic, Isocitric	

