

Raspberry, Blackberry and Currant's Usefulness in Terms of Human Health

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Abstract: In this research, we observed the benefits of raspberry, blackberry and currant, which are found in bramble fruits, in terms of human health. Bramble fruits, which are really useful in human health, also take attention in terms of acid, vitamins and mineral substances in them. By observing the usefulness of raspberry, blackberry and Currant, which can grow in our country flora naturally, our main aim is to convince that we should grow them more in countrywide.

Key words: Raspberry, Blackberry, Currant, Human health

INTRODUCTION

When we say "Bramble Fruits", we mostly think grape, strawberry, raspberry, blackberry, currant, bektashi grape, gooseberry, blueberry and other similar species. Some of them are really important in terms of economy. But, some of them have no role in growing. They are, generally, found in flora condition^[1].

In the book "Bramble Fruits", Keipert^[3] categorized these fruits under three groups.

- The real grapes in terms of botanic: Grape, Currant.
- The ones which have stone seed but called bramble fruit: raspberry, blackberry.
- Some brutal fruits that grow in shrub form: Rosehip^[1].

The topic "Bramble Fruits" is something new in our country. But in last 25 years, this gained an importance day by day. Bramble fruits are fruits that people like and consume. And they are evaluated in different forms. They overspread into a large area in Northern Hemisphere. Western Hemisphere's attitude is found in high parts. Turkey is their natural spread area and nearly in all regions, several species' different forms can be found^[1,4].

Bramble Fruits large hectare area worldwide and in several countries their culture is done. Raspberry and blackberry are very useful in terms of human health. These plants clear the blood, break away the toxic substances in the body, provide us to sweat and give energy^[2].

Benefits of Raspberry: Like all grapy fruits raspberries also have different evaluation forms. Apart from its fresh consumption, being suitable for industry provided it to gain significance. It is one of the best fruits in fruit juice, canned food, deep freeze, cake, jam and ice cream industries, they are consumed a lot.

Raspberry has a big importance in human health It can be given to diabetic persons because of its sugar form

which is called levüloz. Its fruits are useful for people who have rheumatism and its juice is also useful for influenza. The syrups, obtained from raspberries is used in pharmacy in order to give smell and taste to medicines. Its fruit is rich in terms of organic acid, sugar and vitamin C.^[7]

Benefits of Blackberry: Blackberry is found of country and it is possibility with wild meet to come across. Blackberry is applied both fresh consumption and industry by human. Blackberry is used fruit juice, marmalade, tinned food, cake and ice cream. In other hand it has got pectin, so that is used to be jelly^[7].

Blackberry is very rich in terms of organic acid, minerals and vitamins. Some advantages of blackberry are:

- It can easily adapt to different weather conditions.
- It can be easily increased.
- Gives fruit early
- It's plant is small and because of this its fruits can easily be collected by children and women.
- It can be evaluated as shrub plant.
- And people like blueberry and consume it a lot.

Blackberry is very useful fruit of human health^[5]. Syrups of blackberries are useful for people who suffer from respiration and pectoral illnesses. Its leaves are collected in spring and they are dried up. Dry leaves are boiled and drunk. This is a medicine for dysentery and diarrhoea^[1].

Benefits of Currant: Currants are mostly used in industry. Their fresh consumption is not much. It is a suitable fruit for food industry. Taste, tissue and and its other biochemical features are useful for human health.

They are used as; fruit juice, jam, jelly, concentrate, marmelade, kompote, sugar, cake, ice cream, wine and campaign, yoghurt with fruit and fruit essence etc^[7].

Currant helps people to recover from illnesses such as inflammatory; it decreases our tireness because of the organic acids in it. It helps intestinal to work. Strengthen gingivas and prevent bleedings. Fruit juices which are made from currant prevent people from communicable diseases, clears the blood. Its leaves also help kidneys to work^[1].

RESULT AND DISCUSSIONS

Bramble fruits are really useful in terms of human health. Bramble fruits have got water, carbohydrate, fat, protein cellulose and sodium, potassium, calcium, iron, calcium etc. In other hand, It has got vitamins A, B₁, B₂, B₆ and apple acid, lemon acid. So that Bramble fruits have got glucose, fructose, saccarose and invert sugar (Table 1).

Table 1: Nutrient components of blackberry, raspberry and currant. (100 g fruit) (Ağaoğlu, 1986)

Nutrient components	Denomination	Raspberry	Blackberry	Currant
Water	G	84.5	84.7	84.7
Carbohydrate	G	8.1	8.6	9.7
Protein	G	1.3	1.2	1.1
Fat	g	1.0	1.0	0.2
Cellulose	g	5.3	4.0	3.7
Energy	calori	40	48	45
Sodium	mg	-	3.0	1.4
Potassium	mg	170.0	189.0	238.0
Calsium	mg	40.0	29.0	29.0
Iron	mg	1.0	0.9	0.9
Phosphorus	mg	44.0	30.0	27.0
Vitamin A	mg	0.04	0.27	0.04
Vitamin B ₁	mg	0.02	0.03	0.04
Vitamin B ₂	mg	0.05	0.04	0.03
Vitamin B ₆	mg	0.90	0.05	0.05
Vitamin C	mg	25.00	17.00	36.00
Glucose	mg	-	3.16	2.27
Fructose	mg	-	3.14	2.67
Sucrose	mg	0.22	0.47	0.67
Invert sugars	mg	5.36	4.54	-
Apple acid	mg	-	-	0.29
Lemon acid	mg	-	-	2.07
Total acid	mg	1.40	-	2.38

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