



GOJI BERRIES

The most flavorful and nutrient rich goji berries grow in extreme climates, where plant life has learned to adapt. The land is harsh but pristine and the workers that tend to these plants are perfectionists. Goji berries are high in beneficial nutrients like Vitamin A, amino acids and antioxidants.

OUR PROCESS

Goji berries are relatively easy to grow, but there are a few variables that set ours apart from the rest. Goji berries have been conditioned to grow in harsh climates and the resulting fruit is much more flavorful and nutritious. The remote areas of the Qinghai Province are perfect and they naturally receive clean air, plenty of sun and pure, uncontaminated water. The berries are only harvested once per year, a process that takes place between August and October. Each berry is handpicked and gently placed in bamboo baskets before being transported twenty minutes away to a nearby facility.

Cleaning and drying goji berries must be done quickly upon arrival. The berries are washed with a mild organic solution, rinsed with clean water and laid out to dry off. Under close supervision, the berries are “baked” in small batches at low temperature to ensure that just enough moisture is removed. When the berries are dry they are weighed and sorted by size. We’ve tested each size and originally thought the largest berries would be the best but realized that the second to largest size were superior in quality and taste. These are the ones we chose and their amazing flavor, texture and nutritional content are packed just for you.

USE

Goji berries have a slightly sweet, cranberry-raisin like flavor, can be used like any other dried fruit in salads, cereal, baked goods and are high in Vitamin A, potassium and fiber.

THE SOURCE

Located northwest of China, the Qinghai Province spreads across the high altitudes of the Tibetan Plateau. As a result of its geographic location, temperatures range from 0 – 70 degrees Fahrenheit annually. Harsh winds, plenty of sun and the arid climate contribute to making plant life strong, resilient and well, super.



Variety

Chinese Wolfberry
(*Lycium barbarum*)

Origin

Tibetan Plateau, Qinghai Province,
China

Certifications



Typical Nutrition Per 100g

Calories	370
Calories from fat	13.5
Total Fat	1.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	460mg
Potassium	1170mg
Total Carbohydrate	78g
Dietary Fiber	17g
Sugars	57g
Protein	12g
Vitamin A	2,700IU
Vitamin C	11mg
Calcium	45mg
Iron	6mg



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