



WHITE MULBERRIES

Our white mulberries are grown throughout Turkey's Eastern Anatolia region, where they thrive in the semi-arid climate and the rich soil. Most of the mulberry trees in this area are hundreds of years old and have been taken care of by families for generations. The dried mulberries taste mildly like honey and are high in fiber, protein and other beneficial nutrients.

OUR PROCESS

White mulberries are a fast growing small to medium tree that live in the Eastern Anatolia Region of Turkey. The leaves of the tree are intricately lobed and develop small mulberries between them. When the mulberries are ripe they are light and sweet in flavor and about 1-2.5 cm in length. The mulberries usually ripen sometime between July and August. A few weeks before this time, soft nets are placed around and underneath the tree and when the mulberries are ripe, they fall off the tree under their own weight into the nets placed around them. After enough mulberries have fallen off the tree they are collected, spread out under the sun and left to dry. When they are a perfect cross between chewy and sweet they are gathered once more, sent to be cleaned, checked for quality and packed.

USE

White mulberries have a slightly sweet, honey like flavor and can be used like any other dried fruit in salads, cereal, and baked goods. Mulberries are high in Vitamin C, iron and fiber.

THE SOURCE

Fully tree-ripened white mulberries, tended by independent family farmers in Turkey. Sun-dried, sorted, and partially destemmed.

Eastern Anatolia



Variety
Morus alba

Origin
Eastern Anatolia Region, Turkey

Certifications



Typical Nutrition Per 100g

Calories	321
Calories from fat	16.11
Total Fat	1.79g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	71mg
Potassium	193mg
Total Carbohydrate	78.57g
Dietary Fiber	14.3g
Sugars	46.43g
Protein	10.71g
Vitamin A	511IU
Vitamin C	397.9 mg
Calcium	286mg
Iron	18.37mg