

Cape Gooseberries

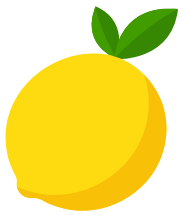
Look: Gooseberries come in a range of colors including yellow, green, black, purple, white, orange, and redish-brown. They are usually the size of a grape.

Taste: Cape gooseberries have a sweet, tart flavor similar to a cherry tomato crossed with a tangy pineapple and lemon.

Touch: The outside of a gooseberry is waxy and slightly sticky. Underneath the surface of a gooseberry is soft, filled with small, crunchy edible seeds.



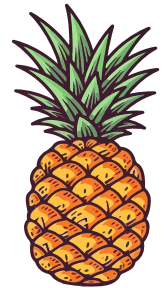
What do you think a gooseberry tastes like?



OR



OR



Did you know?

Cape Gooseberries can be eaten raw or cooked and can be used in sweet and savoury dishes!



Nutritionals

Cape
gooseberries
are full of
antioxidants

Increase collagen

Boost immune
system

Reduce inflammation