

# MONTANA RED CURRANTS



Red currants have a tart and sweet flavor, red skin, and a compact thornless shrub form.

## UNIQUE FLAVOR PROFILE

Red currants are tart and sweet, with a flavor that some say is similar to raspberries, cranberries, and pomegranates. Their tartness comes from high levels of organic acids and polyphenols.

## LOCAL SUPERFOOD

Red currants are a nutrient-rich source of vitamins, minerals, and fiber. They are known for their high vitamin C content and are also a good source of dietary fiber, potassium, and antioxidants.

## GREAT IN FOOD, BEVERAGES

- Red Currant Jam: a classic way to preserve red currants, often paired with other fruits or spices.
- Red Currant Sauce: a tart and sweet sauce for meats, poultry, or dip for cheese.
- Red Currant Glaze: a sweet and slightly tart glaze for baked ham or other meats.

## VERSATILE INGREDIENT FOR PAIRING

Red currants are a versatile ingredient that can be paired with both sweet and savory flavors.

- Red currant cheese board: their tartness complements creamy cheeses.
- They work wonderfully in yogurt and ice cream.
- Red currant/apple crumble: a classic dessert that combines the tartness of red currants with the sweetness of apples and a buttery topping.
- Other fruits: they pair well with other tart or sweet fruits like apples, pears, raspberries, cherries, and black currants.

- Nuts: almonds, walnuts, and other nuts.
- Spices: cinnamon, cloves, ginger, and other warm spices go with the tartness of red currants.
- Pairing them with other sweet ingredients: try brown sugar, honey, or white chocolate.
- Meats: red currants can be used in glazes or sauces for pork, lamb, or chicken, adding a touch of tartness and sweetness.
- Herbs: rosemary, thyme, and other aromatic herbs can be combined with red currants in sauces or glazes.
- Beverages: juice, tea, lemonade, kombucha
- Cocktails: they go well with the flavors of vodka, tequila, and other spirits.

## HARVEST TIME LATE JUNE TO LATE AUG

Fresh Montana red currants are picked late June to late August give or take a few weeks.

## AVAILABLE YEAR ROUND

Whether fresh or frozen, Montana berry growers have supplies available until we sell out.

## WHY BUY MONTANA BERRIES?

- Best berries around. Montana soils and climate help produce premium quality berries.
- Wonderful taste and health benefits.
- You directly support local growers. Our members run family-owned businesses and greatly appreciate you.
- You help create jobs, Montana grows stronger.

**Buy Our Montana-Grown  
Red Currants and Berry Products**



FIND YOUR LOCAL BERRY GROWERS AT:  
**montanaberries.org**

Instagram: [instagram.com/mtberrygrowers](https://www.instagram.com/mtberrygrowers)

Facebook: [facebook.com/mtberrygrowersassociation](https://www.facebook.com/mtberrygrowersassociation)