



Paradise
PlantsBerlin



Barberry

History

For centuries, the Barberry has been consumed for culinary and medicinal purposes. Barberry is a larger evergreen shrub which produces red berries with a tart, acidic flavor. European Barberry (*Vulgaris*) is found throughout various areas of Central and Southern Europe, North West Africa and the Middle East.

The most prolific land for cultivating Barberries is in Iran, with around 98% of the world's Barberry crops being produced here. The South Khorasan province in Iran has the largest area of cultivation of this fruit. Dried Zereshk (*Sereshk*) has been widely used in Persian cuisine since ancient times.

Uses

Historically, the stem, root and bark of the Barberry were used for the extraction of yellow dye. In ancient times, the thorns were applied to clean and smooth the surface of gold coins. Barberry has been used in traditional medicine as a treatment for inflammation, particularly of the mouth, to cure fever, liver disorders, kidney problems, cough and depression.

Today Barberry is still used in pharmaceutical products due to its high levels of alkaloids. Medicinal extracts from the fruit contain 8 to 12 percent of standardized isoquinoline alkaloids. It is also used by

the cosmetics industry because of the high level of antioxidants. "Berberine" is a cleansing agent found in Barberry and is ideal for helping to soften skin pores and treat oily skin. Barberry is a good source of vitamin C, and great for protecting the skin against environmental stressors. Used in cuisine, Barberry brings a unique new zesty flavor to your traditional dishes. Puffy seedless Barberries (*Zereshk-ee-Pofaki*) decorate traditional Iranian rice pilaf. Through Europe it is mostly used in jams and preservatives to add an extra tart flavor to the sweet texture. Barberry fruit is also processed and sold in various forms including frozen fruit, powder, concentrates, Barberry stem bark, and roots. It is highly recommended to use this fruit as a flavor for cereals and a replacement for other berries in all kinds of different foods. Paradise Plants can provide you with sample sizes to test and match, or bulk orders according to your specific requirements.



Why Paradise Plants

We work hard to source and export only the highest quality Barberries directly from Iran. Our experts regularly visit farms throughout the Khorasan Province to identify high quality crops. These red gems are then cleaned, sorted by industrial machines and undergo manual quality control checks in our factory to ensure you receive a premium product.

Quality Assurance

1. Selection of the produce from locations far from farms using any pesticides or other harmful chemicals.
2. Gentle dehydration of the produce to reach the crop moisture required by the customer.
3. Laser sorting.
4. Further manual quality control checks to obtain a product purity of %99.8.
5. Sterilization of the product.
6. Nylon and carton packaging.

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Packaging and Delivery

Delivery of your order is available in different packages as your requirement is.

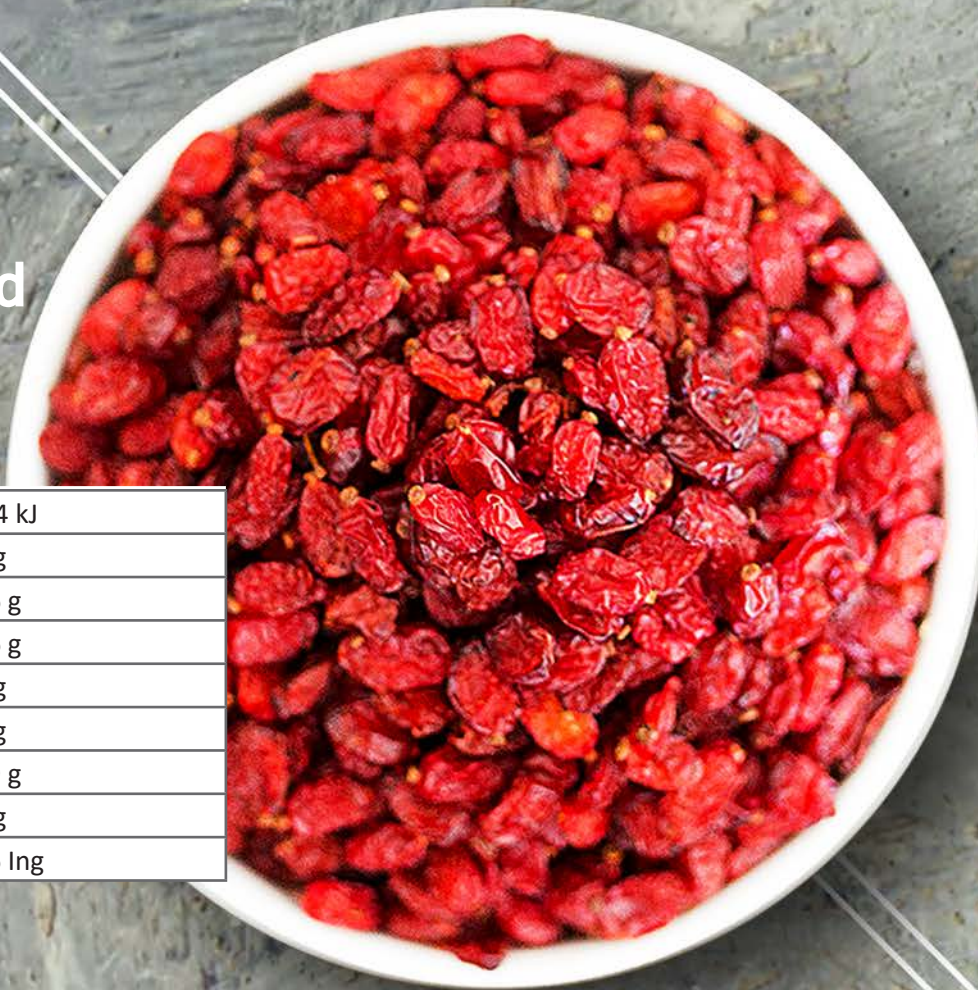
For export, we can deliver the orders all around the world in variable weights by express or economical shipment to meet our customer's needs and delivery time frames.

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Barberry Analysis and Nutritional Values

For a Serving Size of 100 g

Calories	1384 kJ
Protein	3.4 g
Total Carbohydrate	63.6 g
Sugars	46.6 g
Total Fat	1.0 g
Saturated Fat	0.4 g
Dietary Fiber	11.9 g
Sodium	0.2 g
Vitamin C	13.6 mg



Paradise Plants Berlin GmbH
Pfarrer-Theile-Str. 87
13591- Berlin
+49 (0) 30 28645366
info@paradiseplantsberlin.de
www.paradiseplantsberlin.de