

Gooseberries

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ENVS 210

How to Grow Them:

- Mulch the root area with organic matter (garden compost or bark chips) to conserve soil moisture.
- Watering is seldom required but in very dry spell, water every 14 days
- In late winter, feed with a balanced granular fertilizer. Avoid feeding the plants with too much nitrogen because this can encourage sappy growth.

Harvesting Tips:

- Gooseberries will be ready for picking in early June.
- Gather green, under-ripe fruits for making jams, pies, tarts and sauces in June.
- Pick fully ripened berries carefully as they are soft and likely to burst.
- Excess fruit can be put into plastic bags and frozen.

How to Cook Gooseberries:

- Can be used to flavor:
 - Pies, crumbles, other pastries, and beverages
- Can be used to make fruit wine and tea.
- If not used during the season, gooseberries can be preserved by drying, freezing or making into a jam.



Jam Recipe:

Ingredients: 2 lbs of Gooseberries and 2 lbs of sugar

Prep: Clean gooseberries and trim away stems

1. Bring 5 cups of water to boil
2. Add the gooseberries to the boiling water
3. Slowly stir in sugar until dissolved
4. Stir for about 30 mins
5. Check Jam by sticking a spoon to check the consistency
6. Let the Jam sit for 30 mins



Where They Found in the World:

- North West Africa
- South East Asia
- Parts of Europe



Fun Facts:

- Gooseberry plants can live for as long as 20 years!
- Gooseberry bushes can grow 6 ft in height and 6 ft in width
- Each Gooseberry bush can carry up to 8 pounds in fruit
- Gooseberry prefer cold areas with humid summers
- Gooseberries come is a variety of colors



Ribes Uva-Crispa L." Schede Di Botanica, luirig.altervista.org/flora/taxa/index1.php?scientific-

What Are Gooseberries Good For?" Food Facts, Mercola, foodfacts.mercola.com/gooseberries.html

Grow Your Own. (n.d.). Retrieved September 16, 2017, from <https://www.rhs.org.uk/advice/grow-your-own/fruit/gooseberries>