

# Ben Hope Black Currant



Black currants are a hardy fruit crop for the Prairies.

Black currants are nutritional powerhouses! They have vitamin C concentrations four times higher than citrus fruit; double or triple the amount of potassium found in most fruit and 30-40 types of bioflavonoids.

High yielding hardy shrub. Produces flavorful fruit

## QUICK FACTS

Height: 6 ft.

Spread: 3 ft.

Moisture: normal

Light: partial / full

Berries: dark purple

Flavor: tart

Growth rate: fast