

Berry Scotland Newsletter

Number 2

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Schools put berries on the menu

Primary schools in Angus are in for a special treat this summer on 12th June, when they are to feature Scottish strawberries on the school dinner menu. This comes after a period of intense searching for funds by Berry Scotland to secure this berry promotional event in schools. Funds were found to cover the Angus area this summer and the concept of providing local healthy fruit in schools has been enthusiastically embraced by Angus Council, Tayside Contracts and Abbey Fruit. If all goes well in Angus this year, the plan is to expand this initiative across Tayside and perhaps further afield next summer. Professor Annie Anderson, Director of the Centre for Public Health Nutrition Research, University of Dundee said

“Encouraging children to eat more fruit is likely to benefit their health now and in the future. We would like to thank Angus Council and the Lottery Awards For All for their generous support.”

Many Angus and Dundee primary schools have already seen a number of positive steps towards healthy eating with the introduction of “Take 5”. This local initiative encourages pupils to select a balanced meal at lunch times where items are colour coded to help children choose from the different food groups. Furthermore, guidelines for the nutritional standards of school meals introduced this year should put fruit of all sorts very clearly on the menu.

Berry products in the news

The Scottish Food and Drink Excellence Awards were held on the 22nd May

Congratulations to MacKays of Carnoustie and Ella Drinks of Alloa. MacKays won the best export product award for their range of preserves, curds and marmalades and Ella Drinks won best health enhancing product for their Bouvrage blaeberry drink.



berry scotland

Our aims are to encourage an increase in consumption of Scottish berries for the benefits of population health and the Scottish berry industry. The Berry Scotland Programme Board brings together experts from a number of professions. They are: Professor Annie Anderson, Centre for Public Health Nutrition Research, University of Dundee; Professor Mike Lean, Human Nutrition Department, University of Glasgow; Andrew Logan, Grower (Scotfruit); Hector MacLean, Expert in Rural Diversification; Ronnie McNicol, Breeder (Redeva); Ewan Pate, Grower (Saltire Fruits); Anne Thomson, Marketing Consultant (Gallagher Associates) and Processor (Ella Drinks Ltd).

Other events this summer

Better Place to Live Fair

Blairgowrie Town Hall 14th June 10am - 2pm

This event co-ordinated by Strathmore & the Glens Rural Partnership (www.strathmoreglens.org) will include promotion of healthy eating and a celebration of the area. Community markets are also to run throughout the summer at Blairgowrie Wellmeadow. See website for details.

Royal Highland Show

Ingliston, Edinburgh 19th - 22nd June

The Women's Food & Farming Union will be launching British Strawberry day in Scotland and running berry related activities for school children at the Education Centre.

Farmers Markets throughout the summer

See www.scottishfarmersmarkets.co.uk for dates and venues.

Dundee Flower and Food Festival,

Camperdown Country Park, Dundee 5th - 7th September

Dundee's largest annual event with over 2 acres of marquees exhibits and entertainment. Celebrities lined up include Nick Nairn and Charlie Dimmock.

Profile: Andrew Logan

Chairman of Scotfruit

Every issue we feature one of the Berry Scotland Programme board members.

This time it's the turn of Andrew Logan, a prominent name in the agricultural community in Fife. Andrew has a wealth of experience in horticulture and in the early 1970s he was Chair of the Soft Fruit & Vegetable Committee of the NFUS. In 1997, he acquired Scotfruit and two years later joined forces with Berry World, a soft fruit marketing company. Today, Scotfruit specialises in the marketing and packing of fresh and frozen soft fruit. Customers include leading UK supermarkets and specialist manufacturers. Andrew firmly believes that Scottish fruit belongs at the quality end of the market and one of the reasons he became involved with Berry Scotland is it could be an opportunity to encourage growers to think more about the marketplace.

Andrew has also been involved in the creation of the producer organisation Berrygrowers Ltd. The objectives of the nine members, from Peterhead to Portsmouth, include improving product quality and safety, consolidated marketing, season extension and improving the environment.

Latest Research

Diets high in berries, citrus fruit and vegetables reduce risk factor for heart disease: Finnish research

A high folate-containing diet (high in berries, citrus fruit and vegetables) was found to be effective in reducing the amount of homocysteine circulating in the blood. A high homocysteine level is a reported risk factor for heart disease. *Silaste et al (2003) British Journal of Nutrition 89:295*

The major antioxidants in Glen Ample raspberries

In this Scottish study, the antioxidants of Glen Ample raspberries were investigated. Antioxidants are believed to have a role in protecting the body against diseases like cancer and heart disease. Vitamin C and phenolic compounds including ellagitannins and anthocyanins were reported to be the major antioxidants in Scottish raspberries. Furthermore, the ellagitannins possessed a vasodilation activity, similar to that seen with red wine constituents. *Mullen et al (2002) Journal of Agricultural & Food Chemistry 50:5191*

Advertise your business

on our website

If you are interested in advertising your fruit-based business on our website, **free of charge**, please contact us with your details. Whether it be pick your own dates for the summer, a fruit farm or you are a fruit supplier, we would be delighted to list your details.

See www.berryscotland.com/wherebuy.htm

Contact us at: Berry Scotland Programme,
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Medicine, University of Dundee, Ninewells Hospital,
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Recent Events Update

Berry Research Meeting

Held in Dundee on 21st February 2003, this meeting was arranged by Berry Scotland to bring together Scottish scientists who were interested in further collaborative research into the health benefits of berries. Twenty five delegates attended from various Universities and Institutes including experts in fruit breeding, biochemistry, nutrition, molecular biology, food processing, dietary assessment food choice and human disease. A commitment was made to make some major future funding applications including from the EU.

Berry Group Development Meeting

In conjunction with the Scottish Enterprise Health Enhancing Food and Drink Initiative, this meeting was held in Perthshire on 27th March 2003. The main focus was to determine the key areas of development required to create a marketing advantage for Scottish companies wishing to employ the health messages surrounding berries and associated products. The report with feedback from the various issues raised is due out in June.



Scotfruit



Saltire Fruits Ltd

