

Polska



Blueberries from Poland are
available in Malaysia!

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Blueberries have been produced and delivered by the company **Grupa Producentów Owoców "Polskie Jagody" Sp. z o.o. ("Polish Berries" Producers Group)** The Group was established in July 2010. In April 2011 the Group was granted preliminary recognition.

"Polskie Jagody" conducts sales and marketing of fruit. The Group also defines uniform principles to be followed by its members regarding production and environmental protection.

In July 2012 they opened a pack house with an area of over 2,000 m² in the village of Olchowiec. The facility is equipped with Controlled Atmosphere stores and modern packing lines.

The plantations are situated in environmentally clean areas, bordering on the Solska Primeval Forest Landscape Park. The company grows carefully selected large-fruit dessert cultivars of highbush blueberry as well as varieties intended for processing and adapted to machine harvesting. Plants are cultivated with state-of-art technologies to ensure top quality fruit. The Group consists of five plantations growing highbush blueberry on the total area of 180 ha.

"Polskie Jagody" offers highbush blueberry fruit for fresh market in retail packaging ranging from 125 g to 500 g and fruit for processing in packaging of any size as selected by our Clients. The blueberry juices and drinks are also included into the wide offer of "Polskie Jagody".

<http://www.polskiejagody.pl/about-us.html>

<http://www.be-fruit.pl/>

Health benefits of highbush blueberries

Blueberries are not only delicious but they are also supremely beneficial to the body:

IMMUNITY: Highbush blueberries have the highest content of antioxidants of all fresh dessert fruit. They support the immune system and prevent the body against infections.

CANCER PREVENTION: The high content of antioxidants and anthocyanins makes highbush blueberries not only an important factor in cancer prevention but also a helpful component in the treatment of various forms of cancer.

HEART: Owing to their concentrations of phytoestrogens and dietary fibre - unmatched by other kinds of fruit - blueberries have the capacity to prevent many heart diseases by lowering the level of bad cholesterol (LDL) and increasing the level of good cholesterol (HDL).

BRAIN: The anthocyanins, vitamins A, B, C and E, zinc, potassium, sodium, manganese and selenium contained in blueberries can slow down or even - as demonstrated by research - reverse the process of brain ageing, thus allowing us more time to enjoy excellent memory.

DIGESTIVE TRACT: Dietary fibre and numerous seeds have positive effect on the functioning of the digestive system.

URINARY TRACT: Blueberries sustain proper functions of the urinary tract by washing accumulated bacteria out of the body and preventing it against infections.

SIGHT: Blueberries are rich in compounds known as anthocyanosides which slow down the loss of sight and can guard against many eye problems.

COUNTERACTING BODY AGEING PROCESSES: Owing to the high content of anthocyanins and dietary fibre, blueberries are capable of inhibiting the ageing of the body by neutralising free radicals.

SLIMMING: Recent studies of American scientists have demonstrated that blueberries can help reduce excessive weight.

WELL BEING: Consumption of blueberries helps people to keep fit and feel better in general.

Bon Appetite!



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