Effects of different preservation methods on antioxidant activity in Icelandic crowberries (*Empetrum nigrum* spp. *hermaphroditum*).

Thesis for the degree of Master of Science in Food Chemistry
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Abstract

• High oxidative activity
• Many health promoting factors
• Flavonoids and anthocyanins produced by crowberries have high antioxidant activity
• Candidates for cosmetics, in pharmaceutical industry or as food supplements
Not as popular as Icelandic blueberries probably because their high tannin level makes them bitter.

Despite their bitterness, they probably have much more health-promoting factors than other popular berries that might make them valuable for innovation.

My daughter eating lasagne with crowberries and loved it!

True?
Background

• No research data is available regarding antioxidant activity in Icelandic crowberries, (*Empetrum nigrum* ssp. *hermaphroditum*).
• Still it can be bought in pharmacies

Methods

• Harvested in September 2017
• Blanchad for 0, 1, 2, 3, 4 minutes
• Juice and waste seperated
• Waste extracted in ethanol/water solution
• Polyphenols measured in juice and waste after 0, 3, 6, 9, and 12 months
• Stored at -24°C
Results

• Not ready to be published yet...

Thank you!

Crowberries: Both funny and healthy!