

## **JUNIPER BERRIES**

The juniper tree (latin. *Juniperus communis*), is an evergreen shrub that grows in many parts of the world, including North America, Europe, and Asia.

It produces seed cones that are commonly known as juniper berries. Their aroma is often described as woody or spicy.



These small berries have been used for culinary and medicinal purposes since ancient times, and current research suggests that they may offer various health benefits.

### **Benefits of juniper berries:**

- They're a good source of vitamin C.
- Juniper berries contain essential oils and flavonoids that offer antioxidant and anti-inflammatory effects.
- Test-tube and animal studies show that juniper berries have powerful antibacterial and antifungal properties
- Juniper berry essential oil is also used in aromatherapy and said to be calming. Keep in mind that essential oils should not be ingested.
- Juniper berries are used for food.

### **Use of juniper berries in food**

They have a tart, pine-like flavor and are commonly used in small amounts as a spice or flavoring agent. The dried berries are crushed or grounded to release their flavor before these are added to a dish. These are used to flavor meat, soups, sauces, stews, stuffing and pickled foods.

Juniper berries are a popular ingredient in marinades, spice rubs, and specialty cocktails due to their aromatic flavor.

Additionally, juniper berry tea can be purchased in tea bags or made at home using crushed juniper berries.



Dorian found dried juniper berries on the spice shelf of the nearest supermarket in Riga.

Information resource: <https://www.healthline.com/nutrition/juniper-berries>