

# **Top 20 Popular BERRY Fruit Variety for Health Food Nutrition, 5 min How/What Make Nature Crop Plant**

Some of the most common berry varieties include the strawberry, the blueberry, the raspberry, the blackberry, the cranberry, the Acai berry, the Goji berry, the Lingonberry, the Boysen berry, the Elderberry, the Huckleberry, the Marionberry, the Mulberry, the Red currant, the blackcurrant, the gooseberry, the bilberry, the cloudberry, the sea Buckthorn berry, and the Juniper berry.

Berries are widely consumed worldwide, especially in a variety of sweet and savory dishes including beverages, salads, pies, sauces, etc. for healthy food nutrition. They are low-calorie high-fiber fruit that are rich in vitamins, minerals, and antioxidants making them a nutritious addition to a balanced diet.

## **Berry variety origins**

Strawberry originated in Europe, North America, and Asia, the blueberry originated in North America, the raspberry originated in Europe and Northern Asia, and the blackberry originated in Europe and North America. The cranberry originated in North America, the Acai berry originated in the Amazon rainforest, the Goji berry originated in Asia, and the Lingonberry originates in Europe and North America.

The Boysenberry was developed in California, the Elderberry originates in Europe and North America, the Huckleberry originates in North America, the Marionberry was developed in Oregon, and the Mulberry originates in Asia. The Red currant originates in Europe, the blackcurrant originates in Europe and Asia, the gooseberry originates in Europe, and the bilberry originates in Europe. The cloudberry originates in

Northern Europe and North America, the sea Buckthorn berry originates in Europe and Asia, and the Juniper berry originates in Europe and Asia.