

PHYSALIS

(GOLDEN BERRY)

COLOMBIA 

CHARACTERISTICS

The Physalis is a globose berry of 1,25 - 2,50 cm of diameter with a weight between 4-10 g, it's known for its semi-acid flavor, orange color and small round shape.

Utility

Physalis is commonly used to prepare ice creams, yogurt, frostings and chutneys preparations. Due its high pectin content, is ideal for jams and sauces. It can be consume alone, in desserts, juice, wine, syrup and with other sweet fruits.

Health benefits

Fortifies the optic nerve, purifies the blood, removes albumin from the kidneys, helps to relieve throat affections and decreases the blood sugar levels.

SOURCE: ASORHOCOL

NUTRITION FACTS

Calories 100

Serving Size 100g

% Daily Value

Sodium 5 mg

Total carbohydrate 10 g

Dietary Fiber 2 g

Sugars 7 g

Protein 2 g

60%

Vitamin A

33%

Vitamin C

9%

Iron

1%

SOURCE: USDA



Harvest Calendar

Source: Corabastos 2017

| Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |

● High offer

○ Medium offer

○ Low offer

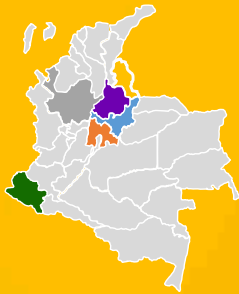
COLOMBIA PHYSALIS PRODUCTION

2015 – 2019 (TONS)



The production of Physalis in Colombia has had a growth of 42.41% in the last 5 years.

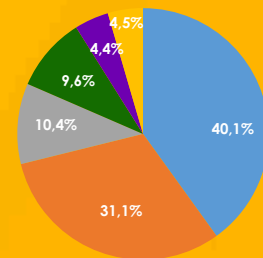
Main producer departments



86% of the colombian physalis production is concentrated in 3 departments: Boyaca, Cundinamarca and Antioquia.

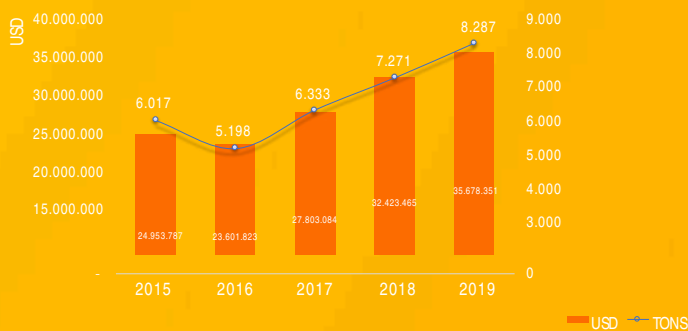
Physalis from Boyaca and Cundinamarca doesn't need cold treatment to access the US market.

Production by region 2017

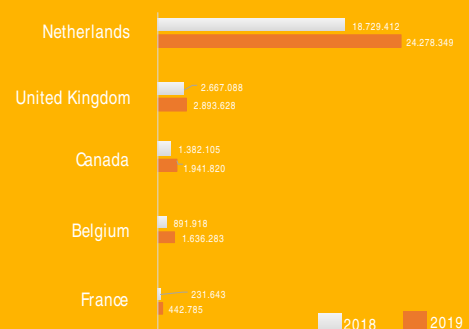


Physalis Exports

2015- 2019



DESTINATION OF PHYSALIS EXPORTS



If you want to know more about the Physalis you can consult the following links:

GOLDENBERRY EXPORTING COMMITTEE comiteuchuva@analdex.org

<http://www.analdex.org/wp-content/uploads/2018/04/Eventos/Infografa%20Uchuva.htm>

COMPANIES :

<http://caribbeanexotics.com.co/products>

<http://caribbeanexotics.com.co/products/Physalis/10>

<http://www.ocati.com/fruits/1192/>

<http://www.ocati.com/fruits/physalis-ochuva-2/>

<http://www.frutireyes.com/eng/product/physalis-golden-berry-cape-gooseberry-incaberry/>

<http://www.frutireyes.com/eng/product/dried-physalis-cape-gooseberry-incaberry-golden-berry/>

<http://www.novacampo.com/cms/ingles/Default.asp?Page=6>

<http://www.andesfruits.co/recipes-4/>

www.andesfruits.co

<https://nativaproduce.com.co/uchuva/>

<https://nativaproduce.com.co/5advantage/>

<http://www.frutascomerciales.com/2015/02/passion-fruit2.html>

<http://www.terrafertil.co.uk/health-benefits/>

<https://www.myfitnesspal.com/food/calories/terrafertil-goldenberry-juice-340391275>

<http://www.lifetrendy.com.mx/la-super-fruta-goldenberry-natures-heart/>

<http://www.naturesheartsuperfoods.co.uk/superfoods/dried-goldenberry>

<http://www.naturesheartsuperfoods.co.uk/superfoods/cacao-covered-goldenberry>

<http://www.naturesheartsuperfoods.co.uk/superfoods/vitalising-superpowder>

<http://www.naturesheartsuperfoods.co.uk/superfoods/goldenberry-chia-smoothie>

<https://essentiallivingfoods.com/collections/all/products/goldenberries>

GOLDENBERRY SCIENTIFIC PUBLICATIONS :

further information :

<https://mega.nz/#F!ABgikBSR!P46uroiqPYvisdsugFKCg>

http://www.scielo.org.co/scielo.php?pid=S0120-41572007000100010&script=sci_arttext

http://www.usfx.bo/nueva/vicerrectorado/citas/SALUD_10/Quimica_Farmacologica/10.pdf

http://www.scielo.org.pe/scielo.php?script=sci_arttext&pid=S1025-55832006000400002

<http://www.sciencedirect.com/science/article/pii/S0924224416303053>

https://www.researchgate.net/publication/308486818_Health-Promoting_Compounds_in_Cape_gooseberry_Physalis_Peruviana_L_Review_from_a_supply_chain_perspective

GOLDENBERRY NEWS :

<http://www.portafolio.co/negocios/uchuvas-secas-que-llegan-a-4-continentes-desde-colombia-511593>

<http://www.freshplaza.es/articulo/111946/Colombia-explota-mucho-mejor-el-aguaymanto-que-Per%C3%B3>

<https://canal1.com.co/noticias/uno-dos-tres/dos-regalo-colombia-los-pesos-pesados-la-casa-blanca/>

<http://www.agronegocios.co/noticia/iniciara-estudio-para-evaluar-efectos-del-consumo-de-uchuva-en-la-salud>

http://tinyurl.com/y7bv6axm?utm_source=3DWhatsapp%26utm_medium=3Dorganic%26utm_campaign=3DCompartido-Mobile

http://tinyurl.com/y7bv6axm?utm_source=3DWhatsapp%26utm_medium=3Dorganic%26utm_campaign=3DCompartido-Mobile

https://www.eldia.com.bo/mobile.php?cat=356&pla=7&id_articulo=246388

<http://www.freshplaza.es/articulo/114082/Colombia-La-uchuva-y-la-gulupa-crecen-en-exportaci%C3%B3n#.WqF-93-1bCc.facebook>

<https://www.federalregister.gov/documents/2018/04/20/2018-08251/importation-of-fresh-cape-gooseberry-fruit-from-ecuador-to-the-continental-united-states>

<http://agenciadenoticias.unal.edu.co/detalle/articulo/primer-medicamento-para-la-diabetes-con-extracto-de-uchuva.html>

<http://boyaca.extra.com.co/noticias/econom%C3%ADa/uchuva-es-alternativa-de-empleo-para-lenguaz-aque-446829>

<http://www.vanguardia.com/economia/local/442667-la-uchuva-esperanza-para-santandereanos-que-huyeron-de-la-crisis-en-venezuela>

<http://www.freshplaza.es/articulo/118742/Nestl%C3%A9-quiere-convertir-al-physalis-en-su-nuevo-superalimento>

<https://www.agronegocios.co/agricultura/investigacion-expone-que-hongos-y-bacterias-controlarian-pla-gas-del-cultivo-de-uchuva-2775453>

https://www.alimente.elcomercio.com/consumo/2018-10-03/uchuva-fruta-modificacion-genetica-crispr_1624137/

http://caracol.com.co/programa/2018/10/06/al_campo/1538849072_022597.html

<https://www.fooddive.com/news/could-the-groundcherry-become-a-mainstream-fruit-crop/538858/>

<http://www.analdex.org/2017/05/11/uchuva-colombiana-protagonista-en-washington/>

<http://www.ocati.com/pagina-noticias/>

<http://polux.unipiloto.edu.co:8080/00003534.pdf>



If you want to know more about the Physalis you can consult the following links::

ADMISSIBILITY TO INTERNATIONAL MARKETS :

<https://www.ica.gov.co/getattachment/2402e0e3-b502-41ea-a662-0d069fe2a941/Uchuva.aspx>

https://epermits.aphis.usda.gov/manual/index.cfm?NEW=1®ION_ID=149&ACTION=countrySummaryCommPI

https://epermits.aphis.usda.gov/manual/index.cfm?action=dirReportP&PERMITTED_ID=5774

<https://www.ica.gov.co/getattachment/d2dea6cc-b4b0-4e76-85b3-614da4761fe4/2016R448.aspx>

<https://www.ica.gov.co/getattachment/9d8fe0fa-66d2-4feb-9513-cbba30dc4844/2017R30021.aspx>

<https://www.ica.gov.co/Noticias/Agricola/E-ICA-y-USDA-APHIS-avanzan-en-la-admisibilidad-de.aspx>

<https://www.minagricultura.gov.co/noticias/Paginas/Uchuva-colombiana-en-fresco-a-EE-UU.aspx>

http://www.mincit.gov.co/loader.php?Servicio=Documentos&IFuncion=verPdf&id=81718&name=Informe_al_Congreso_MinOT_2017_Final_Comercio.pdf&pre_jo=le

<http://www.procolombia.co/actualidad-internacional/agricola/las-oportunidades-de-la-uchuva-en-estados-unidos>

RECIPIES :

<http://www.ocati.com/language/es/?s=uchuva>

<http://www.naturesheartsuperfoods.co.uk/recipes/sugar-free-apple-goldenberry-omega-crumble>

<http://www.naturesheartsuperfoods.co.uk/recipes/healthy-sugar-free-goldenberry-muesli>

OTHER GOLDENBERRY LINKS :

https://en.wikipedia.org/wiki/Physalis_peruviana

<https://www.producebusiness.com/colombias-bounty-continues-to-nd-opportunity-in-europe/>

<https://www.producebusiness.com/looking-at-colombia-with-new-vision/>

http://www.larepublica.co/universidad-nacional-y-ci-tecnologica-obtienen-patente-para-alimento-en-polvo-base-de-uchuva_487466

<http://www.eltiempo.com/carrusel/el-poder-de-la-uchuva/16805700>

http://www.asohofrucol.com.co/archivos/Banco_de_Proyectos/EJECUCION_2017/TR1415_ANA_LDEX_Fortalecimiento_acciones_tosanitarias_para_apoyo_admisibilidad_mercados_internacionales_uchuva_colombiana_en_fresco.pdf

<https://www.instagram.com/p/CLdUG1Pjxqh/?igshid=zrx13rcq2ehn>

<https://www.instagram.com/p/CLXF6ePJ85O/?igshid=1059toaa3egco>

