Goji Berry

What Am I?

Goji berries are small, red and oblong. They have a sweet, tangy taste, resembling cherries and cranberries. They are most popular in their dried form, similar to a raisin.

How Do I Grow?

- Goji berries grow on a spiny shrub.
- Shrubs are planted from a seed and will begin producing fruit after two years.
- Goji berry shrubs will produce the most fruit between their fourth and fifth year.
- Goji berries are delicate and must be hand-picked.

Nutrition

Goji berries are rich in vitamin C. They also contain vitamin A, riboflavin, potassium, iron, magnesium, copper and zinc.

Fun Facts

- The goji berry is also called the “wolfberry.”
- Goji berries are closely related to tomatoes.
- When bruised, goji berries will turn black.

WISCONSIN DEPARTMENT OF
Public Instruction
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