

# OUR FIRST STOP IS THEWIS RIDGE CURRANT COMPANY

Including a tour of the 1850's log home

The Thewis Ridge family farm is a 6 generation farm. The first 160 acres was bought in 1911, it was honored as a 100 year farm in 2011. Today the farms total 700 acres

The family have restored and semi restored 2 hand hewn oak log homes that date back to the 1850's

The Thewis's have had a closed Holstein Dairy herd for the past 60 years , In 2006 they were awarded the Wisconsin State Soil Conservation Award



"In 2010 they formed the Thewis Ridge Currant Company LLC. Our goal is to produce sustainable-raised locally grown black currants. We are dedicated to supporting sustainable agriculture for our local community" ~~James Thewis~~

### Growing Black Currants

Black currants are more tolerant than most fruits of their site and soil conditions, making them easy to grow. The ideal site is in full sun, but black currants can tolerate partial shade. The ideal soil is rich, well-drained soil. However, black currants will grow well on most normal soils. Black currants are also highly disease and pest resistant.

Black currants are hardy up to Zone 2.

Our farm is located on the bluffs of Buffalo County, Wisconsin with ideal growing conditions for black currants.

### Uses for Black Currants

All parts of the plant, including the fruit, leaves, bark and the seeds can be utilized. Some of the uses are as follows:

**Culinary:** Black currants can be consumed fresh, dried, or in jams, syrups, tea, juices and wine. The berry is also included in baked goods, cereals and main dishes.

**Medicinal:** Black currant seed oil and bark are used for medicinal treatment, most commonly consumed in capsule form and syrups.

**Cosmetic:** Black currant seed oil is used in cosmetic products and fragrances.

### Associated Health Benefits

Research suggests that black currants may provide many health benefits, which include:

- Anti-inflammatory properties
- Powerful antioxidant
- Prevent cancer
- Prevent heart disease
- Reduce the effects of arthritis
- Protect against Alzheimer's
- Protect vision
- Slow down aging process
- Treat eczema and dermatitis
- Antiseptic properties
- Regulate circulatory system
- Increase immunity
- Treat colds, sore throat and flu
- Stimulate digestion
- Stimulate functioning of the liver, pancreas, spleen and kidneys
- Treat diarrhea and dysentery

Sources: <http://www.black-currant.com>  
<http://www.currantc.com>  
<http://www.livingstrong.com>  
<http://www.nzblackcurrants.com>  
<http://www.healthline.com>  
<http://www.liveandfeelwell.com>