

The Company DARUMI, Sociedade Agrícola e Turística, Lda has its headquarters in the city of Oporto and it is the producer of the wines Quinta das Pirâmides.

The farm **Quinta das Pirâmides** exists since the XVIII century. Originally named Quinta do Barreiro it became known later in 1952 for the present name having winemaking as its main activity – vinho verde winemaking.

The farm is located in a farm zone, in the village of Telhado, Vila Nova de Famalicão. This county is strategically located among the cities of Braga, Guimarães and Oporto, cities of World Heritage.

With a wide agroforestry area the farm is formed by several granite buildings, typical from Minho region, by a forest area occupied by chestnut trees, eucalyptus, pine trees and Portuguese oaks and by a land of excellence for the Vinho Verde production.

In 2015 the farm began the production of Blueberries. The reason for this was the fact that this plant is in full expansion although its consumption is not deeply rooted in the Portuguese culture yet.

The Blueberries Quinta das Pirâmides Pirâmides are therefore produced in the North of Portugal, in well drained soils, rich in organic material and with an excellent solar exposure.

**Come and visit us!**



<https://darumi.pt>  
geral@darumi.pt

**DARUMI**  
SOCIEDADE AGRÍCOLA E TURÍSTICA, LDA

+351 93 348 30 70

**BLUEBERRY**



Projeto cofinanciado por:





At **Quinta das Pirâmides** the blueberries plantation is spread over 8 different fields with 11.200 plants of Duke, Bluecrop and Legacy varieties.

The Blueberry (the fruit) of these varieties is known for its waxy blue colour and its bittersweet flavour. The size of the berry varies between 5 and 23 millimeters of diameter. It's a summer fruit and it is available from end of May.



≡ **THE BENEFITS**

Among the endless benefits of the blueberry consumption, we highlight:

- It prevents cardiovascular diseases and it mitigates the nervous system alterations
- It reduces the cholesterol
- The urinary and digestive tract
- Memory and motor coordination
- Sight
- Diabetes

**NUTRITION TABLE** (For each 100g of Blueberries)

Calories (Kcal)	Proteins (g)	Fats (g)	Carbohydrates (g)	Iron (mg)	Vitamin C (mg)	
43 - 57	0.6 - 0.7	0	14.5	0 - 0.3	9.7 - 18	
Sodium (mg)	Potassium (g)	Phosphorus (mg)	Zinc (mg)	Calcium (mg)	Magnesium (mg)	Fibres (mg)
0 - 6	77 - 89	9 - 12	0.2	6 - 12	5 - 6	1.7 - 2.4

≡ **THE FRUIT**

When The fruit reaches its ripening time we verify a decrease of chlorophyll content and an increase of anthocyanins and sugars which makes the colour change from green to blue.

The anthocyanins are natural pigments which have antioxidant properties and to which are assigned a series of health benefits. That's why the blueberry is known as "the king of antioxidants", "youth fruit", "health fruit" or "longevity fruit". Besides having anthocyanins the blueberry also has vitamins and minerals, such as vitamin A,B,C and K, potassium, magnesium, calcium, phosphorus and iron.

