



Give Your Family More of the Good Stuff!



Raspberry/Blackberry Basics

Shop and Save

- ✿ Quality raspberries and blackberries are dry, plump and firm. Shallow containers help prevent crushing.
- ✿ Avoid berries that are moldy, crushed or shriveled and containers with juice on the bottom.
- ✿ Berries may be the highest quality and the lowest price when they are available locally. Try farm stands or picking your own at a u-pick farm.
- ✿ Frozen berries are available year round. Fresh or frozen, the health benefits are the same.

Raspberries and blackberries are high in vitamin C and other antioxidants that may protect cells in your body.



Types of Caneberries

Raspberries and blackberries are caneberries, which grow on long arching or trailing stems called canes.



Raspberries have a hollow center when picked. Red varieties are the most common, but other colors (black, purple, gold) might be found at farmers markets or farm stands.



Blackberries have a different flavor from black raspberries and a solid center when picked. Marionberry is a variety of blackberry developed and grown in Oregon.



Loganberries and **Boysenberries** are well known blackberry/raspberry hybrids. They have solid centers like blackberries.



Loganberries are oblong dark wine red fruits with more juice and sharper flavor than raspberries. Boysenberries have large reddish purple fruit.

Store Well Waste Less



- Refrigerate berries in a covered shallow container. Use raspberries within 1 to 3 days; blackberries within 3 to 5 days.
- Rinse berries under cool running water just before using. Moisture during storage speeds spoilage.

- To store longer:
 1. Freeze whole berries on a tray until firm.
 2. Package in freezer containers or re-sealable plastic bags.
 3. Label with date and use within 8 to 12 months for best quality.

Enjoy Raspberries and Blackberries

Baked Berry Oatmeal

Ingredients:

- 2 cups old fashioned **rolled oats**
- 1 teaspoon **baking powder**
- 1 teaspoon **cinnamon**
- ¼ teaspoon **salt**
- 2 **eggs**
- ½ cup **brown sugar**
- 1½ teaspoons **vanilla**
- 2 cups nonfat or 1% **milk**
- 4 teaspoons **butter** or **margarine**, melted
- 2 cups **cane berries**, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup **walnuts**, chopped (optional)

Directions:

1. Preheat oven to 375 degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; stir in brown sugar, vanilla, milk and melted butter.
4. Pour the wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2-quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 15 minutes

Cook time: 30 minutes

Enjoy berries as a snack – fresh or frozen.

Raspberry Fruit Dip

Ingredients:

- ½ cup **raspberries**, fresh or frozen/thawed
- 1 Tablespoon **sugar**
- 1 cup plain nonfat **yogurt**
- 3 **pears** or **apples**, sliced for serving

Directions:

1. In a small bowl, mash the raspberries with sugar. Stir in the yogurt.
2. Serve with cut fruit.
3. Refrigerate leftovers within two hours

Makes about 1 cup dip

Prep time: 5 minutes

Any Berry Sauce

Ingredients:

- ⅓ cup **sugar**
- 1 Tablespoon **cornstarch**
- ¼ cup cold **water**
- 4 cups **berries** (blackberries, raspberries, blueberries, sliced strawberries or a mixture) fresh or frozen

Directions:

1. In a medium saucepan, mix together sugar, cornstarch, water and 2 cups berries. Mash berries if desired.
2. Heat over medium heat, stirring frequently, until sauce starts to thicken. Add water if sauce seems too thick.
3. Remove from heat and stir in remaining berries. Mash berries if desired.
4. Serve over pancakes, waffles, or yogurt.
5. Refrigerate leftovers within 2 hours.

Makes about 2 ⅓ cups

Prep time: 5 minutes

Cook time: 15 to 20 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rinse berries under cool running water.
- mash berries with a fork or potato masher.
- measure and mix ingredients.