OREGON CANE BERRIES

In Oregon, peak raspberry season runs from late June to late July.

Many Oregon farms offer “U-Pick” cane berries during the summer months.

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Red raspberries grow very well in the cool, marine climate of Oregon and other parts of the Pacific Northwest.

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Raspberries can be red, black, or golden.

Marionberries were bred at Oregon State University and are primarily grown in Oregon.

NUTRIENTS FOUND IN RASPBERRIES

~ Raspberries are rich in dietary fiber, which aids in digestion.

~ Raspberries provide an excellent source of vitamin C, which is important for a healthy immune system.

~ Raspberries contain high levels of phytochemicals which may have a role in preventing certain chronic diseases.