

Raspberries

Raspberries are a member of the **Roseaceae** family and they grow on a shrub with greenish-white, drooping flowers¹. The raspberry is the fruit of the plant that matures between **July and September**. Wild raspberries typically grow on the edges of swamps and bogs and provide food for birds, raccoons, coyotes, squirrels, skunks, and chipmunks. There are many types of raspberries, including black, purple and golden, however, the **red raspberry** or *Rubus idaeus* is the most common¹.



Selection: Choose **dry, plump** and **firm** raspberries, and **avoid wet** and moldy berries. If purchasing in a closed container, make sure to shake the container and look for moldy or damp berries tucked into the center. These sweet, tart berries have a short shelf life and are harvested only during the fall and summer months.

Storage: Handle fruit gently to avoid bruising. Do not wash raspberries until ready to eat, refrigerate and use within **1-2 days**². Raspberries may also be **frozen**, to do so, wash with cold water and allow the berries to dry completely. Then, place onto a baking sheet and place into the freezer until frozen solid. Next transfer into an airtight freezer bag and place back into the freezer and enjoy fresh raspberries all year long!

Nutrients/nutrition: Raspberries are high in **antioxidants, vitamins** and **minerals**. One cup of raspberries has 80 calories and provides 42% of **vitamin C**, 31% of **fiber**, 41% **manganese**, 5% of **potassium** and only 1 gram of fat. Raspberries contain **anthocyanins** which may help slow the aging process and decrease risk for some chronic diseases such as heart disease, cancers and diabetes³.

Preparation: Serve raspberries raw for a delicious snack or add to yogurt, cereals, or salads.



Raspberries can also be baked into muffins, cobblers, bars or cookies for a sweet treat or breakfast item. Frozen raspberries also make a great addition to smoothies or oatmeal.

Eat well to be well!

¹ https://plants.usda.gov/plantguide/pdf/cs_ruid.pdf

² <https://fruitsandveggies.org/fruits-and-veggies/raspberries/>

³ <https://redraaz.org/health/health/>