

All About Raspberries

Seasonal Crop Growth



Adapted from Washington State Harvest Calendar
(www.pickyourown.org/WAharvestcalendar.htm)

Nutrient Power Pack

Raspberries contain key nutrients that benefit your health.
½ cup provides the following Daily Value (%DV).

Vitamin A ▶ Less than 2%

More than 20% ◀ **Vitamin C**

Folate ▶ 2–9%

2–9% ◀ **Potassium**

Calcium ▶ 2–9%

2–9% ◀ **Iron**

Fiber ▶ 10–19%

2–9% ◀ **Vitamin K**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * Raspberries are an excellent source of **vitamin C**, which supports healthy gums, skin and blood.
- * Raspberries can be a good source of **fiber**, which helps keep you regular, controls blood sugar and lowers cholesterol.
- * **Antioxidants** in raspberries help maintain memory function, decrease inflammation and protect against cancer and heart disease.

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More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



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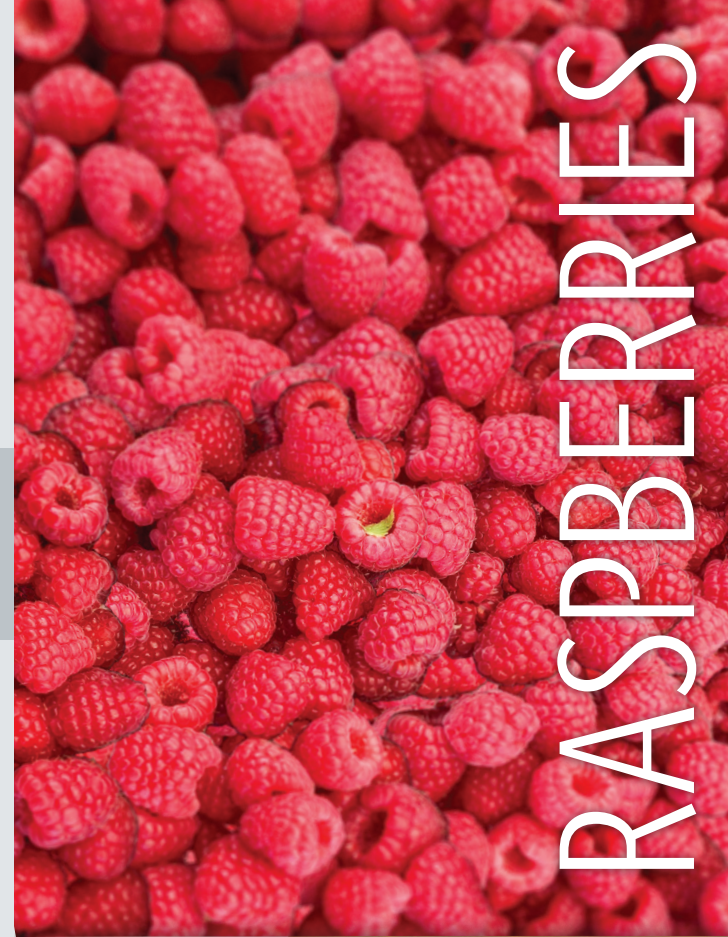
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EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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RASPBERRIES



Selecting and Preparing Raspberries



- ☞ Choose plump, firm berries with a good dark red to maroon color.
- ☞ Avoid moldy, soft or leaky berries, and berries that don't hold their shape well and break apart easily.
- ☞ Fresh raspberries are very perishable. Store them in the refrigerator and plan to use them within two days.
- ☞ Gently rinse berries just before using.
- ☞ Raspberries can be eaten fresh or preserved by freezing, canning or drying.
- ☞ Freeze berries in a single layer on a baking sheet. After freezing, place in a plastic freezer bag or container. Be sure to label and date the container.
- ☞ Crush berries with a little sweetener for a fresh and fruity pancake or waffle topping.
- ☞ Use raspberries instead of strawberries over shortcake or add to a salad.

Berry Smooth Shake

Makes 2 servings

- ½ cup raspberries
- ½ cup low-fat milk
- ½ cup low-fat vanilla yogurt
- 1 tablespoon honey
- ½ banana

- 1 Place all ingredients in a blender.
- 2 Blend until smooth.
- 3 Serve in a tall glass. Garnish with a few fresh berries.

Raspberry Oatmeal Bars

Makes 12 bars

CRUST & TOPPING

- ½ cup flour
 - ¼ cup brown sugar
 - 1 cup oats
 - 3 tablespoons oil
 - 2 tablespoons applesauce
 - 1 tablespoon orange juice
- ### FILLING
- 1 tablespoon flour
 - 1 tablespoon brown sugar
 - 1½ teaspoons orange juice
 - 2 cups raspberries (fresh or frozen)

- 1 Preheat oven to 375°F. Lightly oil an 8×8-inch baking pan.

CRUST & TOPPING

- 2 Mix flour and sugar in a bowl. Cut butter into mixture until crumbly. Mix in oats. Set half aside for topping.
- 3 To the remaining mixture, stir in applesauce and orange juice. Press into the bottom of the baking pan.

FILLING

- 4 Combine flour, sugar, orange juice and raspberries. Mix well.
- 5 Spread filling on crust. Sprinkle with topping.
- 6 Bake for 40 to 45 minutes. Let cool. Cut into 12 bars.

Adapted from www.foodhero.org.

Summer Fresh Raspberry Sauce

Makes 4-6 servings

- 2 cups fresh raspberries
- 1 tablespoon water
- 1 tablespoon sugar
- 1 teaspoon lemon juice (optional)
- 1 to 2 tablespoons water (optional)

- 1 In a bowl, crush the raspberries with a fork.
- 2 Add sugar and lemon juice (optional). Stir until sugar dissolves.
- 3 For a smooth sauce, push mixture through strainer to remove seeds. Add more water to thin, if desired.
- 4 Serve over pancakes and French toast, or with baked or frozen desserts.