



Give Them More
of the
Good Stuff!

Raspberry/Blackberry Basics



Shop and Save

- ❁ Choose raspberries and blackberries that 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. In Oregon, look for fresh berries at farm stands and U-pick farms from June through August.
- ❁ Frozen berries are available year round. Fresh or frozen, the health benefits are similar.

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) may 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 hybrid crosses of raspberries and blackberries. They have solid centers like blackberries.



Loganberries are oblong dark 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. Use blackberries within 3 to 5 days.
- ❁ Rinse berries under cool running water just before using. Moisture during storage speeds spoilage.

- ❁ Freeze berries for longer storage. Spread on a baking sheet and freeze until firm, 1 to 2 hours. Put frozen berries into labeled airtight containers and return to the freezer. For best quality, use within 8 to 12 months.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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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 or marionberries)
- ¼ cup chopped **walnuts** (optional)

Directions:

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

Makes about 6 cups

Prep time: 15 minutes

Cooking time: 30 minutes



Enjoy berries as a snack – fresh or frozen.

Raspberry Fruit Dip

Ingredients:

- ½ cup **raspberries** (fresh, or frozen and thawed)
- 1 Tablespoon **sugar**
- 1 cup nonfat or low-fat **plain yogurt**
- 3 **pears or apples**, sliced for serving

Directions:

1. Wash hands with soap and water.
2. In a small bowl, mash the raspberries with sugar. Stir in the yogurt.
3. Serve with cut fruit.
4. 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** (fresh or frozen blackberries, raspberries, blueberries, sliced strawberries or a mixture)

Directions:

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

Makes about 2 ⅓ cups

Prep time: 5 minutes

Cooking 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**