



Harvest of the Summer

RASPBERRIES

Nutrition Information

- Raspberries contain ellagic acid, manganese, and vitamin K.
- Good source of Vitamin C.
- Contains more fiber than any other berry.

Selection and Storage

- Look for firm, plump berries with bright color. The sweetness may vary by variety.
- Avoid berries that appear dull or have a soft, juicy texture, as they may be old.
- Handle delicately to prevent them from breaking apart or becoming moldy.
- Only wash just before serving to avoid moisture-related decay.
- Place the berries loosely in a shallow container to allow air circulation and prevent crushing.
- Refrigerate to maintain freshness. Can be stored for one to two days.

Fun Facts

- Washington state produces 95% of the nation's red raspberries.
- Raspberries are believed to be native to East Asia, Turkey, and North America.
- They belong to the rose family.
- Raspberries come in four colors: gold, black, purple, and red.
- It takes two years for a raspberry cane to grow berries, and once it has fruited, the cane dies.
- Raspberries are aggregate fruits, with each berry consisting of a cluster of tiny fruits called drupelets.
- Some raspberry varieties produce two crops a year and are known as everbearing or fall-bearing raspberries.



Recipes

- [Waffle Fruit Pizza - National CACFP Association](#)
- [Berry Blast Smoothie - National CACFP Association](#)
- [Fruit Salsa - National CACFP Association](#)
- [Roasted Root Fries with Raspberry Drizzle – WA Red Raspberry Commission](#)
- [Creamy Raspberry Dressing – WA Red Raspberry Commission](#)
- [Raspberry Chipotle BBQ Sauce – WA Red Raspberry Commission](#)
- [Raspberry Chipotle Veggie Taco – WA Red Raspberry Commission](#)



Educational Resources

- [WSDA Berries Handout](#)
- [WSU Fresh From the Farm – Raspberries \(Spanish\)](#)
- [Cane Berries – Classroom Connections– Oregon Harvest for Schools](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their [Raspberry/ Blackberry Basics Information Sheet \(Spanish\)](#) and [Raspberries Coloring Sheet \(Spanish\)](#)
- [Virtual Raspberry Farm tour – Whatcom Family Farmers](#)
- [Raspberry and Blackberry Lesson Plan – Healthy South Dakota](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).