



WA Local Foods

Raspberries

Promotional Resources

Fun facts

- ◆ Raspberries are in the rose family and come in four colors: gold, black, purple, and red.
- ◆ Raspberries contain ellagic acid, manganese, vitamins C and K, and have more fiber than any other berry.
- ◆ Raspberries and blackberries grow on canes. It takes 2 years for the cane to develop to grow the berries. Once the cane has fruited it dies.
- ◆ Washington state produces 95% of the nation's red raspberries.



FARMSTAND
LOCAL FOODS

Know your distributor

Farmstand Local Foods - Seattle, WA

Farmstand Local is a food hub that focuses on reducing barriers between local small-scale producers and Washington's innovative community of chefs and wholesale producers.

Know your farmer

Sidhu Farms - Puyallup, WA

Sidhu Farms was established in 1997 by Chet Sidhu who moved to the US from India. The farm started with growing blueberries and selling at Pike Place Market. The farm uses organic growing methods and irrigation from the glacier-fed, nutrient dense Puyallup river to grow blueberries, raspberries, blackberries, and strawberries.





Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.



- ♦ [Washington Grown Harvest of the Month - Berries](#)
- ♦ [WSU Fresh From the Farm – Raspberries \(Spanish\)](#)
- ♦ [WSDA Berries Handout](#)
- ♦ [Vermont Harvest of the Month Lessons – Berries](#)
- ♦ [Food Hero – Raspberry and Blackberry Basics \(Spanish\)](#)
- ♦ [Red Raspberry Commission – K-12 Resources](#)
- ♦ [Oregon Harvest for Schools Classroom Connections – Cane Berries](#)
- ♦ [Whatcom Farm to School - Raspberries](#)



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