



BERRIES

What is It?

- Raspberries, strawberries, and blackberries are all members of the rose family, which also includes apples, pears, almonds, peaches, plums, apricots, cherries, and of course, roses.
- Raspberries and blackberries aren't technically berries but are made of many little fruits, or drupelets, clustered together. The average raspberry has about 100 drupelets, each with its own seed.
- Washington state is the world's largest producer of blueberries and frozen red raspberries, and one of the top producers of blackberries.
- Pacific Northwest-grown strawberries are well known for being unbeatably sweet and juicy.
- Washington has many native berry varieties, including a native blackberry, strawberry, and blueberry. They can be found growing in the wild during the spring and summer months.



Grow It

- Berries can make a great addition to school gardens because they are perennials, meaning they continue growing for many years. Unlike many fruit trees, berries can typically be grown in a relatively small space. Strawberries are fast growing, will provide berries during their first season, and depending on the variety, may be ready to harvest in May and June. Blueberries, raspberries, and blackberries, however, take 2–3 years before they provide significant yield and are typically ready for harvest during the summer season when school may not be in session.
- Specific growing needs of berries varies widely depending on the specific type and variety. Generally, berries prefer to be planted in a sunny location and kept evenly moist. To improve plant health, fertilizer or organic matter can be applied to berries in the early spring. Follow fertilizing instructions specific to the type and variety of berry.
- Blackberries and raspberries will multiply quickly and may be best grown in a container. Look for dwarf varieties of raspberries. Stakes or trellises can help support plants as they become heavy with fruit, while allowing airflow to move through plants and making it easier to find and harvest berries.
- Raspberries grow low to the ground and are also quick to multiply. They can be given their own space in the garden or can be allowed to mingle and spread with other plants. Blueberries grow into small bushes. These bushes will continue to grow for many years, providing more berries as they mature, but they will not multiply into new plants.



Make It

Recipe: Baked Raspberry Walnut Oatmeal Yield: 16 servings	
Ingredients	Directions
<ul style="list-style-type: none">• 2 1/2 cups whole rolled oats• 1 cup chopped walnuts• 2 teaspoons cinnamon• 1 1/2 teaspoons baking powder• 1/2 teaspoon salt• 1 1/2 cups 1% milk• 1 large egg, beaten• 1/2 cup unsweetened applesauce• 2 tablespoons unsalted butter, melted• 2 teaspoons vanilla• 2 cups frozen Washington red raspberries	<ol style="list-style-type: none">1. Preheat oven to 350 degrees F. Grease two 9 x 13 inch baking pans and set aside.2. Mix oats, walnuts, cinnamon, baking powder and salt in large bowl.3. In a separate bowl, combine milk, egg, applesauce, butter and vanilla.4. Add wet ingredients to dry ingredients and mix well. Fold in raspberries.5. Pour into prepared pans.6. Bake for 25 minutes, or until the top is golden and oats have set.7. Remove from oven and let cool slightly. Cut each pan into 8 portions.8. Serve warm with a dollop of Greek yogurt, if desired.

Recipe adapted from redrazz.org.



Make It

Recipe: Individual PB & Berry J Pies
Yield: 6 servings

Ingredients	Directions
<p>Peanut Butter Crust & Crumble:</p> <ul style="list-style-type: none"> • 3/4 cup old fashioned rolled oats • 3/4 cup whole wheat flour • 1/4 cup packed dark brown sugar • 1/4 cup unsalted butter, melted • 1/4 chunky peanut butter <p>Raspberry Filling:</p> <ul style="list-style-type: none"> • 12 oz bag of frozen berries of choice, thawed • 2 tablespoons cornstarch • 1/4 teaspoon salt <p>For Garnish:</p> <ul style="list-style-type: none"> • 1/4 cup frozen berries • 1/4 cup peanuts 	<ol style="list-style-type: none"> 1. Preheat the oven to 375 degrees F. 2. First, make the peanut butter crust and crumble. Combine the oats, flour, sugar and salt. Using a pastry cutter, cut in the butter until the mixture is crumbly. Incorporate the peanut butter until a crumbly consistency forms. Press about 2 heaping tablespoons of the batter firmly on the bottom of each 4-oz canning jar. Set aside. 3. Next, make the berry pie filling. In a large bowl, stir together the berries, cornstarch, and salt. Distribute the berry filling evenly among the jars. 4. Top the berry pies with one tablespoon of the peanut butter topping. 5. Set the mason jars on a baking sheet and place in the oven for 18 minutes, or until the peanut butter crumble is lightly browned and the raspberry filling is bubbling. 6. Allow to cool and garnish with peanuts and additional frozen berries, if desired. 7. Seal jars with canning jar lids and refrigerate until ready to eat.

Recipe adapted from redrazz.org.



Make It

Equipment List:

- Medium bowl
- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Spatula or spoon
- Large skillet
- Mixing utensil

Recipe: Banana Berry Pancakes Yield: 4 servings	
Ingredients	Directions
<ul style="list-style-type: none"> 1 banana peeled and sliced 1 cup pancake mix whole wheat 1/2 cup water 1 nonstick cooking spray 1 cup berries of choice frozen, unsweetened, thawed and sliced 2 tablespoons orange juice 	<ol style="list-style-type: none"> 1. Put the bananas in a medium-sized bowl and puree them with a fork. 2. Add the pancake mix and water. Mix all the ingredients. 3. Prepare a large skillet by spraying a light layer of cooking oil and place over medium heat. 4. Add 1/4 cup pancake batter per pancake on the hot skillet. Cook the pancakes completely on both sides for approximately 2 minutes per side. 5. To prepare the syrup, spray a skillet with cooking spray. Cook and heat over medium heat. 6. Cook berries and orange juice for 3 minutes or until berries are soft. 7. Using a spoon, add the syrup to the pancakes and serve.

Recipe adapted from [eatFresh](#).

Eat It

- Berries are a great source of vitamins, including vitamin C, which helps with healing, keeps skin and gums healthy, and supports immune function. They also contain fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar.

Read It

- It's Time for Berries! by Ceporah Mearns and Jeremy Debicki
- More Blueberries! by Susan Musgrave, Illustrated by Esperança Melo
- Berry Magic, by Teri Sloat and Betty Huffmon
- Blueberries for Sal, by Robert McCloskey

Play It

Enjoy the activity sheet on the next page!

Find It

- Washington-grown berries can be found year-round in the freezer section of most grocery stores on their own or as part of mixed berry blends. Check the product label or shelf tag to see where a product is grown. They are also commonly found at Washington state's many farmers markets, farm stands, and other local markets during spring and summer months—May through September for strawberries, June through August for raspberries and blackberries, and July through September for blueberries.
- Search for local farms and markets that sell Washington-grown berries here: [Washington Farms](#) | [Local Farm Finder](#).
- Find a farmers market near you here: [Find a Farmers Market - Washington Farmers Market](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.



Blueberries, credit: WSDA



Raspberries, credit: WSDA

Name _____

Blueberries



I like blueberries because

_____.



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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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