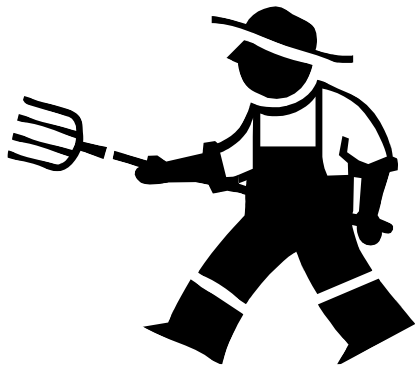
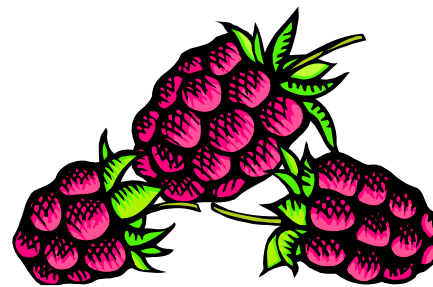


*Fresh*  
FROM THE  
FARM



## RASPBERRIES



### Selection & Preparation

Choose plump, firm berries with a good dark red to maroon color.

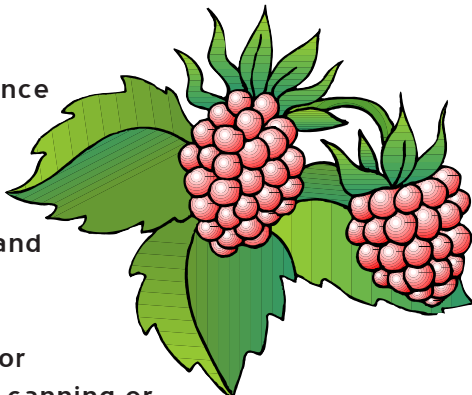
Avoid moldy, soft or leaky berries, and ones that do not hold their shape well and break apart easily.

Keep raspberries refrigerated since they are very perishable. Best when used within 1 to 2 days.

Wash berries just before using and remove stem caps.

Raspberries can be eaten fresh or preserved for later by freezing, canning or drying.

Freeze berries in a single layer on a baking sheet. After frozen place in a plastic freezer bag or container. Be sure to label and date the container.



### Nutrition Facts

Serving Size ½ raspberries

Amount Per Serving

**Calories 30**

% Daily Value\*

<b>Total Fat 0g</b>	<b>0 %</b>
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
<b>Cholesterol 0g</b>	<b>0 %</b>
<b>Sodium 0 mg</b>	<b>1 %</b>
<b>Total Carbohydrate 7 g</b>	<b>2 %</b>
Dietary Fiber 4 g	17 %
Sugars 3 g	
<b>Protein 1 g</b>	
Vitamin A 4%	Vitamin C 25%
Calcium 2%	Iron 2%
Folate 4%	Potassium 93 mg

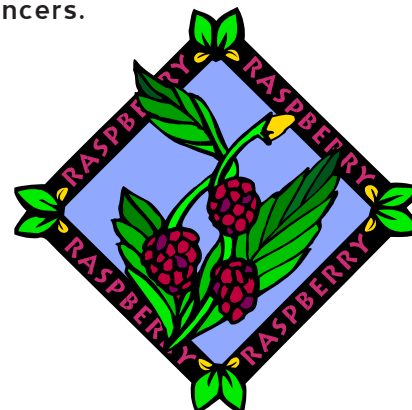
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Key Nutrients

**Fiber** - to prevent constipation, control blood sugar levels and fiber may lower blood cholesterol.

**Vitamin C** - to support healthy gums, skin and blood.

**Phytonutrients** in raspberries help to maintain memory function and may reduce the risk of certain cancers.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



Massachusetts  
grown...and fresher!™

Cape Cod Cooperative Extension ° 3195 Main St ° Barnstable, MA 02630

www.capecodextension.org ° coopext@barnstablecounty.org ° 508-375-6690

## Berry Smooth Shake

1/2 cup raspberries  
1/2 cup low-fat milk  
1/2 cup low-fat vanilla yogurt  
1 tablespoon honey  
1/2 banana  
Place in blender and blend until smooth. Makes 1 3/4 cups.

### Other Ideas:

- Crush berries with a little sweetener for a fresh and fruity pancake or waffle topping.
- Substitute raspberries for strawberries and have raspberry shortcake.
- Add to summer fruit salad.



## Berry Cobbler

2 cup berries  
1/2 cup sugar  
1 egg, beaten  
1 1/2 cups flour  
2 teaspoons baking powder  
1/2 cup sugar  
1/2 cup low-fat milk  
1/2 cup butter or margarine, melted  
1 egg, beaten

1. Preheat oven to 425 degrees.
2. Combine berries, 1/2 cup sugar, and 1 beaten egg in a 9x9 inch greased baking dish.
3. Combine flour, baking powder and 1/2 cup sugar in mixing bowl.
4. Mix milk, butter and 1 beaten egg together. Stir gently into flour mixture. Spread over the top of the berries.
5. Bake for 25-30 minutes.

Makes 1 - 9 inch cobbler