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) might 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 well known blackberry/raspberry hybrids. They have solid centers like blackberries. Loganberries are oblong dark wine 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; blackberries within 3 to 5 days.
- Rinse berries under cool running water just before using. Moisture during storage speeds spoilage.
- To store longer: 1. Freeze whole berries on a tray until firm. 2. Package in freezer containers or re-sealable plastic bags. 3. Label with date and use within 8 to 12 months for best quality.
**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, marionberries)
- ¼ cup walnuts, chopped (optional)

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

**Makes** about 6 cups  
**Prep time:** 15 minutes  
**Cook time:** 30 minutes

### Raspberry Fruit Dip

**Ingredients:**
- ½ cup raspberries, fresh or frozen/thawed
- 1 Tablespoon sugar
- 1 cup plain nonfat yogurt
- 3 pears or apples, sliced for serving

**Directions:**
1. In a small bowl, mash the raspberries with sugar. Stir in the yogurt.
2. Serve with cut fruit.
3. 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 (blackberries, raspberries, blueberries, sliced strawberries or a mixture) fresh or frozen

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

**Makes** about 2 ⅓ cups  
**Prep time:** 5 minutes  
**Cook time:** 15 to 20 minutes

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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.