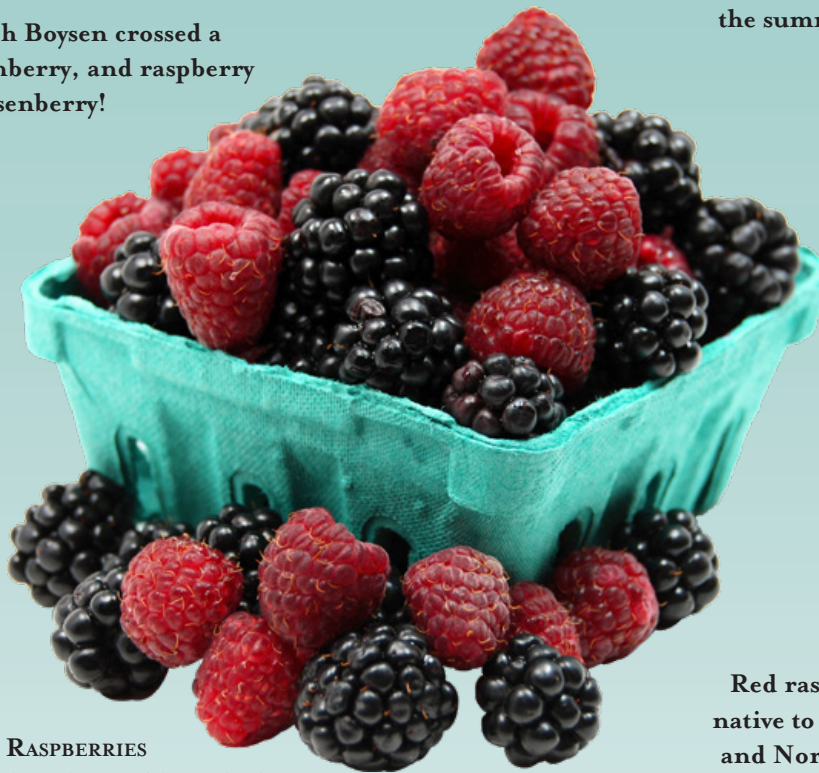


# OREGON CANE BERRIES

In 1923, Rudolph Boysen crossed a blackberry, loganberry, and raspberry to create the boysenberry!



Many Oregon farms offer “U-Pick” cane berries during the summer months.

## NUTRIENTS FOUND IN RASPBERRIES

- ~ Raspberries are rich in dietary fiber, which aids in digestion.
- ~ Raspberries provide an excellent source of vitamin C, which is important for a healthy immune system.
- ~ Raspberries contain high levels of phytochemicals which may have a role in preventing certain chronic diseases.

Red raspberries are native to both Turkey and North America.

Red raspberries grow very well in the cool, marine climate of Oregon and other parts of the Pacific Northwest.



In Oregon, peak raspberry season runs from late June to late July.



Raspberries can be red, black, or golden.



Marionberries were bred at Oregon State University and are primarily grown in Oregon.

