



# OREGON CANE BERRIES GROWN FOR SCHOOLS

Native Americans ate berries, cooked them, dried them for the winter, and used them as **medicines**, dyes, and food preservatives.

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

#### NUTRIENTS FOUND IN CANE BERRIES:

- ~ **Vitamin C**
- ~ **Vitamin K**
- ~ **Dietary fiber**
- ~ **Manganese**
- ~ **Folate**



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



Raspberries can be red, black, or golden. In Oregon, peak raspberry season runs from late June to late July.



Red raspberries are native to both Turkey and North America.