Raspberry/Blackberry Basics

Shop and Save

- Choose raspberries and blackberries that are dry, plump and firm. Shallow containers help prevent crushing.
- Avoid berries that are moldy, crushed or shriveled and containers with juice on the bottom.
- Berries may be the highest quality and the lowest price when they are available locally. In Oregon, look for fresh berries at farm stands and U-pick farms from June through August.
- Frozen berries are available year round. Fresh or frozen, the health benefits are similar.

Types of Caneberries

Raspberry 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) may 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 hybrid crosses of raspberries and blackberries. They have solid centers like blackberries. Loganberries are oblong dark 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. Use blackberries within 3 to 5 days.
- Rinse berries under cool running water just before using. Moisture during storage speeds spoilage.
- Freeze berries for longer storage. Spread on a baking sheet and freeze until firm, 1 to 2 hours. Put frozen berries into labeled airtight containers and return to the freezer. For best quality, use within 8 to 12 months.
**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 or marionberries)
- ¼ cup chopped walnuts (optional)

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

Makes about 6 cups
Prep time: 15 minutes
Cooking time: 30 minutes

**Raspberry Fruit Dip**

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

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

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

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

**Kids Can!**

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