

— RASPBERRIES —

What are they?

- Raspberries come in a variety of colors including red, purple, gold, and black.
- There are actually over 200 known species of raspberries, but only a few are grown on a large scale.
- They are very delicate because they are made of many little pieces of fruit that form a hollow core.
- Raspberry plants are a member of the rose family and have thorns on their long branches.



When are they available?

- Harvested locally in Wisconsin during the late summer months.
- Oregon, Washington, and California grow 90% of the raspberries in the U.S.

What's so cool about them?

- They are thought to be eaten since prehistoric times, but only began to be cultivated in England and France in about the 1600s.
- If conditions are right, a raspberry plant can grow to be 10 years old.
- An average raspberry has 100 to 120 seeds.
- Unlike many fruits, unripe raspberries do not ripen after they have been picked. So picking them at their pick of freshness is key to a delicious raspberry.
- There are many wild raspberry plants that grow throughout Wisconsin (make sure to check with an adult before eating them!)
- Black raspberries are not the same as blackberries.



Why should I eat them?

- Raspberries contain more vitamin C than oranges which helps boost your immune system and promote wound healing.
- They are high in fiber which keeps you full.
- They are low in calories and high in potassium, vitamin A and calcium. Who would have thought that you could find so much goodness in one little berry?

