Berries!  
A Rainbow of Colors

Berries are one of nature’s fast foods and they come in lots of colors!

Red
- raspberries, strawberries, cranberries, red grapes

Black or dark purple
- blackberries, mulberries, dark grapes

Blue
- blueberries

Green
- green grapes

The sweet and sometimes tart taste of berries reminds us of summer – all year long. Many grocery stores carry berries in a variety of forms – fresh, frozen, dried and canned. Look for fresh berries in the late spring and summer months at farmers’ markets, roadside stands and grocery stores. Plant strawberries, blackberries or raspberries in your yard or garden for next year’s harvest! Children (of all ages) love to eat what they grow!

What’s in it for me?
Berries are some of the most nutritious fruits available. In addition to having a lot of vitamin C, folic acid and dietary fiber, they have other “plant chemicals” that are very important for our health.

MyPyramid recommends that adults eat at least 2 cups of fruit every day. Eight large strawberries or 32 grapes count as 1 cup of fruit. Dried fruits make a delicious snack. They are easy to carry and store well. Because they are dry, 1/4 cup of dried fruit, such as raisins, is equal to 1/2 cup of other fruits. Whole or sliced, fresh or frozen berries provide a low-calorie, high fiber boost to your day.

Berry Fun Facts
Did you know that grapes are true berries? They were favorite fruits of ancient Egyptians 5,000 years ago! Grapes come in many colors. Dried grapes are raisins.

Strawberries are the most popular berry in the world. Each berry has about 200 seeds on the outside of the fruit.
How to....Buy, Store, Rinse, Freeze Berries
Choose berries that are firm, plump and without mold. Handle with care because berries are fragile! Before storing in the refrigerator, throw away any overripe or damaged berries.

Rinse berries under cool, running water just before using.

Berries can be frozen. Rinse and pat dry and spread in a single layer on a large cookie sheet. Freeze, then put berries in a plastic bag. Keep frozen until ready to use. This method makes it possible to measure just the amount needed. Use frozen berries within one year.

When fresh berry prices are high, buy frozen, dried or canned. They are just as nutritious and easy to use. Watch grocery store ads for sales on bags of frozen berries.

Measure out just the amount of frozen berries you need and close the bag tightly to prevent freezer burn on the remaining fruit.

Add Berries to.......
- muffins
- pancakes
- fruit smoothies
- fruit salads
- low fat yogurt with a sprinkle of cereal on top
- mixed green salads
- cottage cheese

Or, eat them plain – delicious!

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Store Dried Fruit
You can store dried fruit in an air-tight container in a dry, cool place for several weeks. If you don’t plan to use dried fruit in a few weeks, store it in an air-tight container in your refrigerator. Dried fruit can also be frozen in air-tight bags for several months.

Dried Fruit: Ready to Eat! How easy is that?

WASH. BITE. (how easy is that?)

Kid’s Corner...
What happens to grapes that worry too much?

They get all wrinkled and turn into raisins!

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For more information, contact your local Extension Office