



**OREGON
DEPARTMENT OF
AGRICULTURE**



INTRODUCING... OREGON RASPBERRIES AND BLACKBERRIES

With hues from bold red to deep purple, Oregon raspberries, blackberries and related berries are prized for their tangy, sweet flavors and health benefits. Oregon produces the most blackberries, marionberries and black raspberries of any U.S. State. Commercial farms have expanded upon the Oregon-native species of blackberries and raspberries to offer the rich selection that customers enjoy today.

PICKED FRESH AND PROCESSED FRESH

Ripe berries are picked and promptly sold fresh or processed. Oregon developed a strong processing industry to meet consumer demand for quality farm-grown berries: quickly freezing, drying or cooking berries as soon as they leave the farms. Most berries are individually quick frozen (IQF) to preserve the optimal color, taste, and ripeness for other uses. Additionally, Oregon processors offer berry purée, seedless purée, jam, syrup, powder, juice, juice concentrate, and other forms.

VIBRANT NOURISHMENT

Oregon berries are naturally packed with nutrients that directly benefit human health.

- **Delicious and nutritious:** Blackberries and raspberries are naturally sweet, yet low in calories.

- **Vitamin C superstar:** 8oz (227g) of blackberries has 30 milligrams of vitamin C.
- **Filled with fiber:** The seeds inside raspberries and blackberries boost the fruit's fiber content.
- **Tasty source of Vitamin K:** Blackberries are a good source of vitamin K, important for strong bones and healthy blood.

DARK PURPLE AND HEALTH

The rich, beautiful color of blackberries and black raspberries comes from anthocyanins, a type of phytochemical. Phytochemicals are non-nutritive substances found in plants that can help prevent chronic diseases, such as cancer and heart disease. Anthocyanins also act as antioxidants and may help protect the brain from oxidative stress and reduce the effects of conditions like dementia.







In Oregon's climate, berries ripen to a superior taste in the fields. The warm days and cool nights allow the berries to ripen slowly, for the natural sugars to fully develop, giving each berry its best flavor.



HISTORY OF DEVELOPING BETTER BERRIES ADAPTED FOR THE CLIMATE

Oregon State University and the United States Department of Agriculture started a berry breeding program in 1917, which remains very active today. That program – in conjunction with Oregon farmers – has innovated countless varieties of berries suited to the climate, terrain, and natural rains of Western Oregon. The breeding program also emphasizes features like flavor, genetic diversity, suitability to machine harvesting, durability under cold storage, and more factors to sustainably farm berries that meet market demands. Blackberries are deep-root perennial plants capable of absorbing the winter rains of Western Oregon and thrive in the optimal growing climate for these berries.

Thanks to over a century of cooperation between researchers and farmers, Oregon now produces many varieties of blackberries, raspberries, and other related berries. Marionberries – a blackberry variant – are arguably our most famous. Their complex flavor and larger size make them a popular sensation. All the world's Marionberries are grown in Oregon.

VARIETY	SCIENTIFIC NAME	PICTURE	HARVEST	TASTE	FUN FACTS
Red Raspberry	Rubus strigosus		Mid-June - October	Moderately Tart and Sweet	Most Oregon raspberries are frozen, pureed, or juiced.
Black Raspberry	Rubus occidentalis		3 weeks starting in July	Stronger flavor than red raspberry	99% of farmed black raspberries are grown in Oregon
Marionberry	Rubus L. subgenus Rubus		July-August	Tart, earthy sweetness	Named after Marion County Oregon
Loganberry	Rubus × logan obaccus		Mid July – Mid August	Resembles Raspberries	Hybrid has shape and size of blackberries but color and taste of raspberries.
Blackberry	Rubus subgenus rubus		Mid-June to September	Large with excellent flavor	Many different varieties ripen throughout season and can be frozen for year-round use.
Boysenberry	Rubus ursinus × Rubus idaeus		July	Juicy and Sweet	Oregon is the #1 producer for boysenberries. Ideal for jams, pies, and juices.

Learn More

Oregon Raspberries and Blackberries:
oregon-berries.com

Agricultural Development & Marketing Program



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