



VITAMIN

## NUTRIENTS FOUND IN CANE BERRIES

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



## PRODUCE POINTERS

- Berries are very delicate and must be handled carefully.
- Look for berries that are plump and round.
- The walls of a good berry should be full and meaty with a soft gloss.
- Avoid berries that are broken apart and moldy.
- Berries should be refrigerated to preserve freshness.
- Moisture quickens decay, so do not wash berries until just before serving.



## HEALTHY, FIT AND READY TO LEARN

- Model healthy behavior by eating fruits and vegetables in front of your children.
- Make eating produce seem exciting by preparing items differently.
- Make a berry smoothie as a delicious part of breakfast or as a refreshing afternoon snack!

## GROWN IN OREGON

- In Oregon, peak cane berry season runs from late June to late July—it goes by quickly, so make sure to get out to a U-Pick while you can!
- Oregon's maritime climate and great soils allows farmers to grow an enormous variety of berries.
- In Oregon, we grow over 50 different varieties of blackberries alone!



## RASPBERRY RIPENING STAGES





**YOUR OREGON KITCHEN**  
**QUICK AND EASY!**

**RECIPE: *Brown Sugar-Raspberry Muffins (yields 12)***

**Ingredients:**

- 3/4 stick (6 tablespoons) unsalted butter, melted and cooled
- 3/4 cup packed dark brown sugar
- 1/2 cup whole milk
- 1 large egg
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 rounded cups raspberries
- Course sugar for sprinkling (optional)

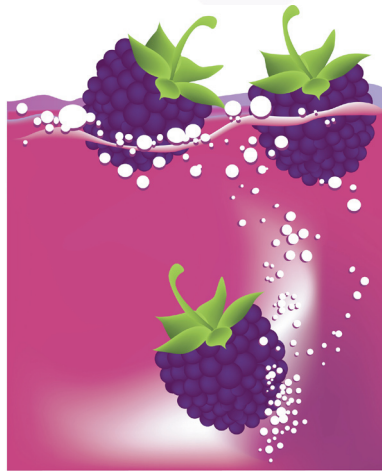
**Directions:**

- Put oven rack in middle position and preheat oven to 400F. Put liners in muffin cups or grease them well.
- Mix together butter, brown sugar, milk, and egg in a bowl until combined well.
- Whisk together cinnamon, flour, baking powder, and salt in a large bowl.
- Add to milk mixture and mix until just combined. Fold in raspberries.
- Divide batter among muffin cups.
- Sprinkle tops with course sugar (if using) and bake until golden brown and a wooden pick inserted into center of a muffin comes out clean, 25 to 30 minutes.

- Top yogurt with fresh berries.
- Make cane berry jams or preserves.
- Eat berries fresh, right off the cane!
- Puree berries to make a healthy and tasty dessert sauce.
- Blend raspberries with vegetable oil, balsamic vinegar, rosemary, salt, and black pepper to make a raspberry vinaigrette for green salads.
- Float berries in sparkling water to make a pretty and refreshing drink.

**JUST FOR KIDS**

Berries are wonderful to eat, but did you know that you can also use berries to make paint? Mash up 1/4 cup of berries and combine with 2-4 tablespoons of water, depending on how light or dark you would like the paint. Then, dip a brush into the water and berry mixture and paint away!



**RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES**

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.



**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Look for Oregon Farm to School and School Garden Program under Associated Topics.