



Berries



Varieties Grown in New York State

- Strawberries
- Blueberries
- Raspberries
- Blackberries

Nutrition and Health Benefits

- Blueberries are rich in vitamins, minerals, and antioxidants – they are known as a superfood!
- Strawberries have more Vitamin C than an orange! They also contain potassium.
- Raspberries and blackberries are high in Vitamin C and fiber!

How to Grow It

- Berries can be grown in the summer in New York State...easily in your own backyard!
- Strawberries grow close to the ground, while other berries grow in bushes.
- Be careful! Raspberry bushes have thorns!
- Berries are ready to be picked when they come off easily from their stems.

Selection

- Choose berries that are firm, ripe, and free of mold.
- Berries dark in color are ready to eat!

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Storage Tips

- Store berries in the refrigerator, unwashed, until ready to use.
- Remove moldy berries from package to conserve the good ones!
- Blueberries can last up to a week in the fridge, while other berries are more fragile and only last 2-3 days.

PRO TIP! Freeze your berries! Freeze berries whole to maintain the most nutrients! Wash, drain, and lay berries in a single layer on a baking sheet and freeze overnight. Store frozen berries in labeled freezer bags. You can also make pre-portioned baggies of berries perfect for smoothies!

Kid-Friendly Eating Tips

- Make it savory! Add blueberries to a yummy veggie salad, or strawberries to a dish with feta cheese!
- Make it sweet! Make a simple smoothie with berries, yogurt, orange juice, and a banana!
- Add berries to top off pancakes, waffles, or oatmeal!
- Make your own triple berry popsicles with strawberries, blueberries, and raspberries!
- Have a berry fruit salad with a rainbow of different berries and a drizzle of honey!

Preparation & Cooking Tips

- Rinse berries just before using under cold, running water.
- Don't soak or scrub berries, they are delicate!

RECIPE

BERRY PARFAIT!

Ingredients:

- 3/4 cup sliced strawberries
- 3/4 cup blueberries
- 1 (6 ounce) container vanilla yogurt
- 1/2 banana, sliced
- 1/3 cup granola

Directions:

- Layer 1/4 cup strawberries, 1/4 cup blueberries, 1/3 container yogurt, 1/3 of the sliced banana, and about 2 tablespoons of granola in a large bowl. Continue to build the parfait, repeating the layers until all of the ingredients are used completely.

STRAWBERRY S'MORES

Ingredients:

- 2 strawberries
- 1 graham cracker
- 2 Tablespoons low-fat vanilla yogurt

Directions:

- Rinse and slice the strawberries. Add the yogurt and slices berries to half of the graham cracker, and top with the other half. Enjoy your healthy s'more!

UN-BEET-ABLE BERRY SMOOTHIE

Ingredients:

- 1 cup 100% pineapple juice
- 1 cup low-fat vanilla yogurt
- 1 cup fresh or frozen strawberries
- 1/2 cup fresh or frozen blueberries
- 1/2 cup canned, sliced, no-salt-added beets, drained and rinsed

Directions:

- Combine all ingredients in a blender, blend until smooth. Serve immediately!

