

HARVEST OF THE MONTH:

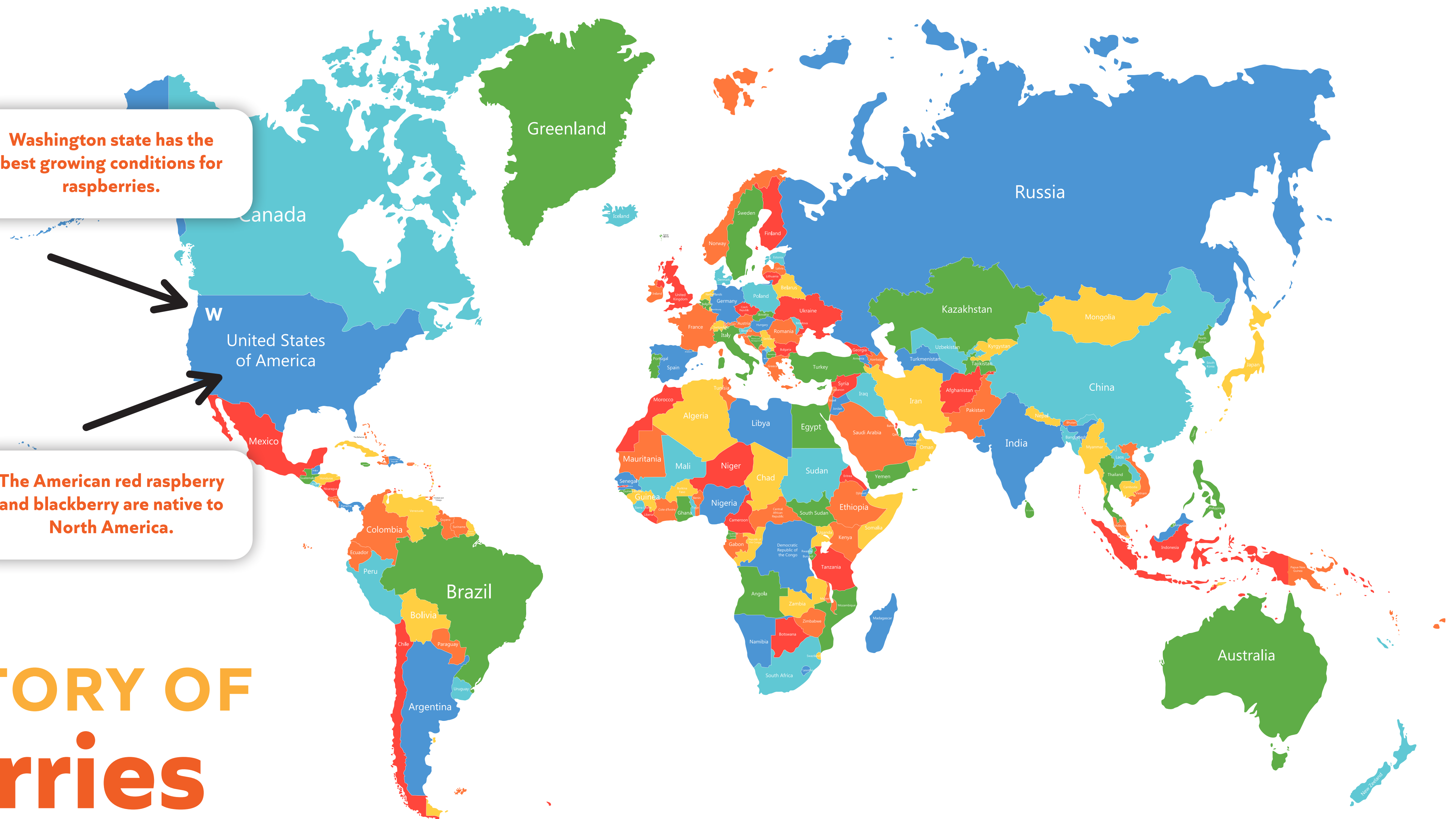
Blackberries & Raspberries



HISTORY OF Berries

Washington state has the best growing conditions for raspberries.

The American red raspberry and blackberry are native to North America.





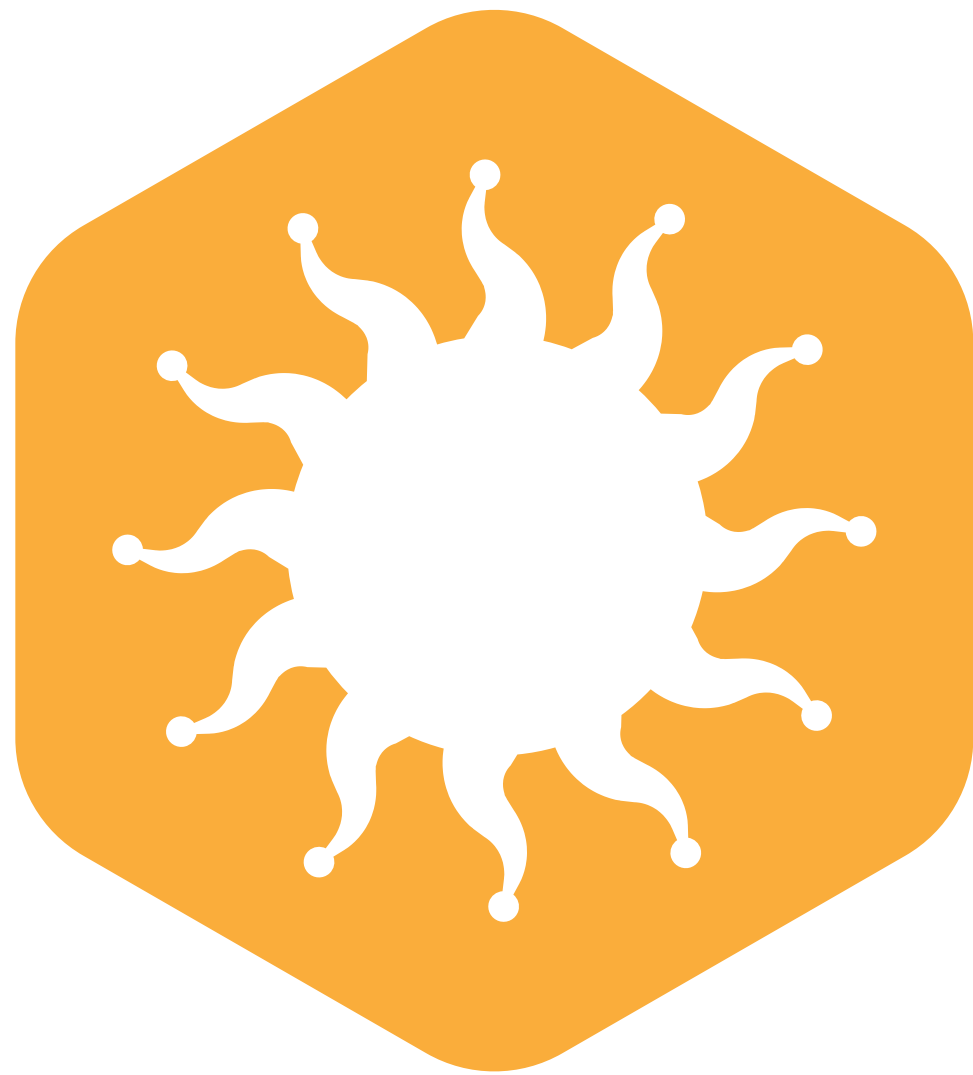
**After pollination,
berry fruit grows
from the flower.**



**Berries grow on bushes.
In South Dakota, berry bushes
can be planted in the spring.**

HOW DO BERRIES GROW?

WHAT SEASON DO WE PICK BERRIES?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT BERRIES?

**Healthy immune system
(prevents colds)**



Strong bones



Healthy muscles



HOW DO YOU PICK A GOOD BERRY?

- Choose blackberries that are dry and shiny. Blackberries should not have any green or red on them.
- Choose raspberries that are bright and evenly colored.
- Both can be stored in the fridge for a few days.

FUN FACT: The tayberry, loganberry, and boysenberry are hybrids of blackberries and raspberries.





LET'S TRY SOME
Berries!

