

HARVEST OF THE MONTH:

Raspberry & Blackberry



Nutrition Facts

Serving Size: ½ cup raspberries (62g)

Calories 32

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 7g 2%

Dietary Fiber 4g 16%

Sugars 3g

Protein 1g

Vitamin A 0%

Calcium 2%

Vitamin C 27%

Iron 2%

Other nutrients: Vitamin K (6%)

HELPING YOUR CHILD EAT HEALTHY

- Add berries to your cereal for added fiber, flavor and color!
- Mash berries to make your own jam.
- Top pancakes with fresh raspberries or blackberries.
- Stir your favorite berries into low-fat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep frozen berries on hand and throw in blender with juice and yogurt!

PRODUCE TIPS

- Choose fresh raspberries that are bright and evenly colored.
- Select fresh blackberries that are dry and shiny without any green or red colors.

BERRY FACTS

- Berries are full of antioxidants that prevent heart disease and protect us from inflammation.
- Berries are members of families of flowers; the rose, the azalea and the rhododendron.
- The best way to get the most nutrients out of berries is to eat them in their natural state: raw! Eat them right off the bush or straight from the grocery store.
- Blackberries and raspberries are in peak season in late spring and summer.



Berry Recipes

HONEY GINGERED FRUIT SALAD

INGREDIENTS

- 1 large mango, peeled and cubed
- 1 C. fresh blackberries
- 1 small banana, peeled and sliced
- 1 C. fresh raspberries
- 1 C. seedless green grapes
- 1 C. nectarines, sliced
- 1 C. kiwifruit, peeled and sliced

Honey Ginger Sauce:

- $\frac{1}{3}$ C. 100% orange juice
- 2 T. lemon juice
- 1 T. honey*
- $\frac{1}{8}$ tsp. ground nutmeg
- $\frac{1}{8}$ tsp. ground ginger

DIRECTIONS

In a large bowl, combine fruit. In a small bowl, mix all sauce ingredients until well blended. Pour honey ginger sauce over fruit and toss together. Refrigerate for at least 20 minutes. Serve chilled.

*Do not give honey to children under the age of 1.

WHOLE GRAIN RASPBERRY BREAKFAST BARS

INGREDIENTS

Raspberry Filling

- 1 $\frac{1}{3}$ cup raspberries
- $\frac{1}{4}$ cups sugar
- 2 T cornstarch
- 2 T fresh lemon juice

Breakfast Bars

- 1 $\frac{1}{2}$ C. quick-cooking oats
- $\frac{3}{4}$ C. whole wheat flour
- $\frac{2}{3}$ C. packed brown sugar
- $\frac{1}{3}$ C. walnut pieces
- $\frac{1}{4}$ C. wheat germ
- 1 tsp. ground cinnamon
- $\frac{1}{3}$ C. canola or vegetable oil
- 1 large egg

DIRECTIONS

Preheat oven to 350°F. Prepare raspberry filling by combining raspberries, sugar, cornstarch and lemon juice in a small saucepan. Stir over medium heat until mixture comes to a boil. Simmer, stirring constantly, 2 minutes until sauce is thick and translucent. Remove from heat.

To prepare breakfast bars, combine oats, flour, sugar, walnuts, wheat germ and cinnamon in a food processor. Process until oats and walnuts are finely ground. Add oil and egg; pulse to evenly combine, scraping sides of work bowl. Press half of the crumb mixture evenly on bottom of a 9 x 9 inch baking pan. Spread raspberry filling evenly over crumbs. Top with remaining crumbs and pat down gently.

Bake 25 minutes or until golden brown. Cool completely in pan. Cut into bars.

