

# Raspberries



Try It!



## Selection

Raspberries are harvested from early summer to fall.

## Uses

Raspberries are a very versatile fruit appropriate for sweet and savory applications, both cooked and raw. They may be used interchangeably with most other berries. They can be eaten fresh, dried, canned or frozen. They can be canned to make jams, chutneys, and sauces.

### OVERNIGHT OATMEAL WITH RASPBERRIES

#### Ingredients

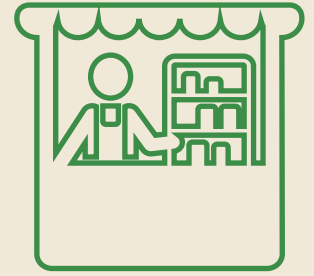
- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen

#### Instructions

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

# History & Fun Facts

Raspberries are a part of the rose family (genus Rubus.) There are over 200 species of raspberries. They can be grown from the Arctic to the equator. There are red, yellow, orange, purple, and black fruit.



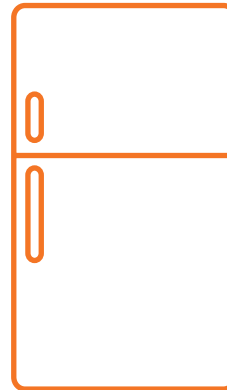
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

# Care and Storage

- Keep fresh fruit in a box with holes and cover with plastic wrap, or a plastic bag with holes.
- Store unwashed berries in the refrigerator for 3-5 days.
- Discard any moldy fruit right away.
- Rinse the berries under cool running water to remove dirt or other debris; pat dry with a clean towel.
- Raspberries can be frozen for about 2 months.
- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.



### NUTRITION FACTS

Rich in Vitamin C

A good source of fiber

Contains potential anti-cancer agents.

May lower cholesterol and risk of diabetes.



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

**Amanda Miller** | Extension Fond du Lac County  
FoodWise Coordinator and Health & Wellbeing Educator  
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

**Amber Bodart** | Downtown Fond du Lac Partnership, Inc.  
Director of Communication and Special Events  
P: 920-322-2006 | E: market@downtownfdl.com

Source: University of Illinois-Extension, Raspberries and More, 2020; Michigan State University-Extension, Michigan Fresh: Using, Storing, and Preserving Raspberries, 2014. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.