

# Raspberries



## Selecting

Raspberries are usually red in colour, although it is now possible to find vibrant golden, black, or purple raspberries. They are thimble-shaped berries with tiny edible seeds.

Look for firm, dry berries with a good colour. Check the container to ensure there are no moldy or shrivelled berries. Avoid berries when the cartons are stained with juice.

## Storing

Raspberries are very delicate and so should be handled gently. Check the carton carefully and remove any crushed or moldy berries.

Store the remaining berries in the fridge in a single layer on a plate lined with paper towel. Raspberries will only keep for a couple of days.

Raspberries freeze well. Wash gently and dry by patting lightly with paper towel. Arrange in a single layer on a baking sheet and place in the freezer until solid (about an hour). Transfer to a freezer bag and keep in the freezer for up to 6 months.

## Preparing

Wash raspberries carefully using a soft spray of water, then dry them gently using paper towels. Never soak berries in water. They will absorb the water and lose their flavour.

## Eating

Raspberries are a delicious treat. Add them to your favourite breakfast cereal, or enjoy a bowl of raspberries as a refreshing dessert. Raspberries can be used in entrees, salads, desserts and dressings.

## Seasonality

Raspberries are in-season from July to September but you will find them in grocery stores most of the year.

## Nutrition

A 1/2 cup of raspberries has 34 calories. It is a high source of dietary fibre and a source of folate, magnesium and Vitamin C.



**Try these yummy Quinoa Raspberry Muffins for a refreshing change.**

[www.halfyourplate.ca/recipe/quinoa-raspberry-muffins/](http://www.halfyourplate.ca/recipe/quinoa-raspberry-muffins/)

