



Black Raspberries



Approximate Season:
Mid June – Early July

Did you know?

1. Black raspberries are NOT the same thing as blackberries. Here are some ways to tell the differences:
 - a. Probably the easiest way to tell the difference between the two is by the core, where the stem attaches to the berry. Blackberries will always have a white core, whereas black raspberries are hollow in the center (just like red raspberries).
 - b. Black raspberries are said to be less tart than blackberries, making them better for eating fresh.
 - c. Black raspberries are usually slightly smaller than blackberries.
2. Black raspberries are indigenous only to North America.
3. The leaves of the black raspberry plant are sometimes used as flavoring for teas.

Health Benefits:

- Black raspberries contain high levels of anthocyanins, which give black raspberries their rich, dark color. These work as antioxidants to help fight free radical damage in the body, which can reduce the aging process and even help prevent cancer.
- Studies at several universities that have shown initial indications that black raspberries may help slow the advancement of breast, cervical, colon and esophageal cancers.
- Black raspberries continue to generate a high level of interest from research scientists due to their potent antioxidant and anti-cancer properties.

Serving Ideas:

- Black raspberries are a sweet fruit that is great for fresh eating.
- The high acidity of black raspberries makes them ideal for canning or preserves.
- Black raspberries are the perfect size to sprinkle on top of cereal or about any dessert (especially ice cream!)
- Black raspberries are great ingredients for most types of baking with fruit, such as pies and cobblers.
- Pair black raspberries with your favorite type of nut and add to a salad for a refreshing taste.