



# Red Raspberry



Approximate Season:  
Mid June – September

## Did you know?

- Once they have been picked red raspberries will not ripen any further.
- If a red raspberry cannot be easily picked from the plant, it is not ripe.
- Red raspberries mold quickly if left at room temperature.
- It is believed that red raspberries originated in Turkey and were spread throughout Europe (and eventually the world) by the Romans, who carried them throughout their empire- including England.
- English settlers planted red raspberry seeds that were brought with them. In 1771, the British starting shipping red raspberry plants to New York.

## Health Benefits:

- Red raspberries make a great food for diabetics because their sugar content is released into the blood slowly.
- Red raspberries do not have any fat, saturated fat, or cholesterol, and are low in calories.
- Red raspberries are a good source of vitamin C, which helps with immune system function
- Red raspberries are often used as a medical treatment for anemia.
- Red raspberries have been shown to help lower high blood pressure.
- Red raspberries have an anti-inflammatory property that may help reduce the inflammation of joints.
- The antioxidants in red raspberries may help prevent Alzheimer's Disease and Parkinson's Disease as well as some types of cancer.

## Serving Ideas:

- Red raspberries are a sweet fruit that is great for fresh eating.
- Red raspberries are the perfect to sprinkle on top of cereal or about any dessert (especially ice cream!)
- Red raspberries are great ingredients for most types of baking with fruit, such as pies and cobblers. A typical 9-inch red raspberry pie requires about 4 cups of berries.
- Pair red raspberries with your favorite type of nut and/or dressing and add to a salad.
- Use red raspberries in a smoothie or a healthy addition to a protein shake.