

Berries



Blackberries • Blueberries • Dewberries • Gooseberries • Mulberries • Raspberries • Strawberries

Fun Facts: Raspberries can be red, orange, yellow, black or purple. Strawberries are the first fruit to ripen in the spring. They are the only fruit with seeds on the outside rather than the inside, and on average, each has 200 tiny seeds.

Selecting Fresh Berries: Look for clean, firm, tender and plump berries with uniformly bright colored flesh and a natural shine. On strawberries, caps should be fresh, green and intact. Look for berries that have been protected in covered containers. Avoid those with blotches of color or that are wet, mushy, shriveled, leaky or moldy.

Measuring Fresh Berries

1 1/2 pounds = 2 pints or 1 quart

1 small basket = 1 pint = 3 1/4 cups whole = 2 1/4 cups sliced = 1 2/3 cup pureed

1 cup sliced = about 5 ounces by weight = about 150 grams

Handling, Ripening and Preserving: Cover and refrigerate (preferably at 32° F.) unwashed berries. They do not ripen further after harvest. Berries may be frozen: rinse and drain, spread a single layer on shallow trays, and when frozen, package them promptly into containers.

Preparation and Serving: Just before use, rinse berries under cold running water. Cut off bruises and decay. Remove green leaves and small stem before eating. Delicious fresh! Or slice and enjoy with foods you already eat, such as cheese, yogurt, salads, pancakes, desserts and cereal. Use as directed in a recipe.

Nutrition Facts: Serving Size = 1/2 cup sliced fresh strawberries. Calories 25; Protein 1/2 gram; Carbohydrates 6 grams; Fat 0 grams. All kinds of berries are excellent sources of vitamin C. A good source of dietary fiber and manganese, berries contain many healthful pigments and phytochemicals.

References: ESHA Food Processor; www.urbanext.uiuc.edu; www.aboutproduce.com; www.oznet.ksu.edu/library/FNTR2/MF1178.PDF

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. May 2003. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider & employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**