

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/

