

---

## Selection

Look at the berries to make sure they are plump and without mold. Avoid berries that are mushy or too tender, which means they are already starting to decompose.

Raspberries are very fragile fruit. So be sure to handle them gently to prevent them from getting damaged, which decreases their shelf life.



---

## Care and Storage

- ♦ Be sure and wash all surfaces and utensils that you will be using with fresh fruits to prepare them.
  - ♦ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ♦ Be sure and refrigerate fresh raspberries as soon as possible after purchasing.
  - ♦ Rinse fresh raspberries under running water and dry with a clean cloth towel or paper towel right before eating or preparing them.
- 

---

## Why Buy Local?

- ♦ You are keeping farmers farming, which protects productive farmland from urban sprawl.
  - ♦ Buying local lets you see and meet the people who produce our food.
  - ♦ What you spend supports the family farms who are your neighbors.
  - ♦ Your money stays locally, it helps to keep small businesses open and builds up your community.
- 



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54840  
(715)485-8600  
<http://polk.uwex.edu>

---

Originally developed by: Jennifer Blazek,  
UW Extension Polk County, Balsam Lake, WI;  
<http://polk.uwex.edu> (June, 2014)



## Raspberries

## Frambuesa

## Uses

Raspberries are most often eaten raw. They make a delicious snack anytime of the day!

They also are great to use in baked goods, blended drinks, sauces, and over desserts.

Freeze them for use all year long!



Raspberry Banana Muffins

## Nutrition Facts

- ♦ Sodium free
- ♦ Saturated fat free
- ♦ Cholesterol free
- ♦ Excellent source of Vitamin C
- ♦ Excellent source of Fiber

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

## Try It!

### Raspberry Banana Muffins

#### INGREDIENTS

2 cups	Flour
1/2 tsp.	Baking powder
3/4 tsp.	Baking soda
1/4 tsp.	Salt
1/4 pound	Butter
1 cup	Sugar
2	Eggs
3	Overripe banana
1/4 cup	Sour cream
1 tsp.	Vanilla
1 pint	Fresh raspberries
1/2 cup	Toasted almonds, chopped (optional)

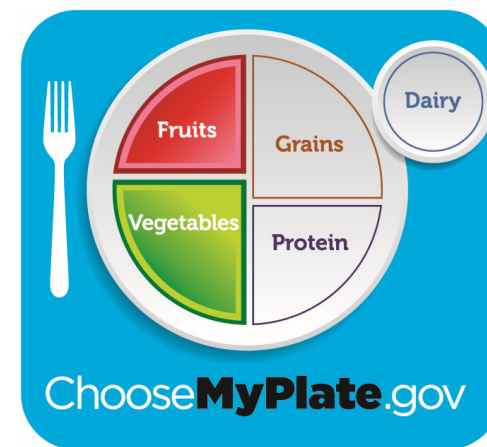
#### INSTRUCTIONS

1. Preheat oven to 350 degrees F. Sift together flour, baking powder, baking soda, and salt.
2. Cream butter with sugar until fluffy. Beat in eggs.
3. Puree bananas, sour cream and vanilla.
4. Alternate add dry ingredients in 3 additions and banana mixture in 2 additions to the egg mixture. Beat enough to incorporate.
5. Fold in raspberries and toasted almonds (optional). Spoon into greased muffin

pan and bake for about 25 minutes, until puffed, browned and springy.

Yield: Makes about 15 muffins.

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



## History & Fun Facts

There are over 200 species of raspberries! Red is the most common color, but did you know that raspberries also can be yellow or orange or purple or black?

They belong to the Rose family.

Raspberries can be grown from the Arctic to the equator.

Raspberries are available early summer through fall and have a much longer season than strawberries.