



# Raspberries

**Raspberry** plants have been around for centuries. The raspberry has a conical shape and weighs about 3-4 grams. Like a blackberry, raspberries are made up of smaller fruits called drupelets. There are about 80-100 drupelets which are arranged in circular layers. The difference between a raspberry and a blackberry is that raspberries have a hollow core in the center while blackberries do not.



There are over 200 species of raspberries. They can be either red, purple, gold or black in color. However, the most popular color is the red raspberry which are typically sweet and have the fewest seeds. Golden raspberries are sweeter than all other varieties.

Raspberries should be picked when firm and dark in color. Once raspberries have been picked, they will not ripen any further.

Raspberries are high in fiber, vitamin C, potassium and folate. They are low in calories, do not have any fat, sodium or cholesterol. Raspberries have an anti-inflammatory property that may help to reduce the inflammation of the joints. In addition, they can aid in helping to lower blood pressure.

Both conventional and organic raspberries are available year round depending on the different growing regions throughout the United States and Mexico.

Raspberries are typically packed in in either a 12 x 125g clamshell or a 12 x 170g clamshell.

## Raspberry Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California					✓	✓	✓	✓	✓	✓		
Pacific NW								✓	✓	✓	✓	
Mexico	✓	✓	✓	✓	✓					✓	✓	✓