

BERRIES

Berries are featured in Nebraska Harvest of the Month. Strawberries, blackberries, mulberries, and raspberries can be found in home gardens and farms in the summer. These delicious brightly colored fruits pack a powerful punch nutritionally - they are loaded with vitamin C and fiber.



SELECTION, STORAGE & COOKING

- Berries are fragile, so make sure yours are firm, shiny, and brightly colored. They should be free from bruising and mold.
- Depending on their ripeness, berries can last about 5 days in a refrigerator set to 36-40°F.
- Wash gently under running water just before eating.
- Add fresh berries to salads, yogurt or oatmeal. The perfect dessert is whipped cream on top of mixed berries!
- Berries can be frozen and used in smoothies, muffins, or sauces. Arrange berries on a cooking sheet and freeze, then transfer the berries to a freezer bag.

NUTRITIONAL VALUE

Mulberries, raspberries, and blackberries are high in fiber, vitamin C and folate. A cup of strawberries contains 150% of an adult's daily need for vitamin C.

STRAWBERRY & MULBERRY AVAILABILITY

JUN

BLACKBERRY & RASPBERRY AVAILABILITY

JUL AUG SEPT

BERRY PARFAIT POPS

You'll need a popsicle mold and popsicle sticks for this recipe, or use small paper or metal cups.

Ingredients:

- 1 cup greek yogurt (any flavor) *if using plain yogurt, add 1½ tsp of honey to sweeten
- ½ cup raspberries, mulberries or blackberries
- ¼ cup granola
- ½ cup strawberries chopped

Directions:

1. If using plain yogurt: in a small bowl, combine the honey and Greek yogurt and stir until incorporated.
2. To create the first layer, spoon a couple spoonfuls of yogurt into each popsicle mold.
3. Add a layer of chopped strawberries into each mold.
4. Continue layering by adding another layer of Greek yogurt, followed by raspberries or blackberries, and then yogurt again.
5. Sprinkle on a thin layer of granola to complete the pops.
6. Place the popsicles in the freezer for 6 hours or overnight. Once popsicles have frozen, transfer to a freezer bag.



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month





BERRY PAINTS

Natural pigments are colored substances from natural sources, such as minerals, plants, and insects. They can be used as inks, dyes or stains. Berries contain deep pigments in colors of blue, purple, red and pinks.

SUPPLIES NEEDED

- Berries (raspberries, mulberries, blueberries, or blackberries)
- White paper
- Sticks
- Pine needles or paint brushes
- Plastic dish
- Water
- Baby wipes for clean up

INSTRUCTIONS

1. Place some soft berries into a plastic cup or container.
2. Use a stick (or something stick-like) to mash up the berries.
3. Add water a little at a time. Add more berries if you wish, and continue to mash. It won't be smooth, but the water should take on a berry color.
4. Dip your paintbrush or pine needle into the berry paint and create your own painting.

