

## Picking Your Berries

**Raspberries-** They come in colors of black, red, gold and purple. Difficult to pick when ripe because they are easily crushed

**Cranberries-** Avoid squashed fruit. Berries should be firm and red, not dark red. Fresh fruit floats when in water.

**Blackberries-** When ripe, they are soft not soggy and black in color. They are unripe when red in color.

**Blueberries-** Avoid shriveled, green and shiny berries. Ripe fruit will be firm and dull in color.

**Gooseberries-** They are usually green and may have a tint of pinkish-red color.

**Strawberries-** Should be uniformly red in color and firm. They should have a faint strawberry odor. White parts are unripe and not flavorful. Berries will not ripen after picked.



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# FARMERS' MARKET NUTRITION PROGRAM

## Berries



## Storing Berries

**Raspberries-** Refrigerate and use within several days or freeze.

**Blackberries-** Store in the refrigerator and use within several days or freeze.

**Blueberries-** Store for 10-14 days in refrigerator or freeze.

**Strawberries-** Store for several days in refrigerator or freeze.

**Cranberries-** Remove bad berries first, then store in refrigerator for weeks to 2 months.

## Freezing Berries

Gently rinse berries in water before freezing. Allow berries to drain thoroughly. Place berries in a single layer on a cookie sheet and freeze. When frozen, remove berries from cookie sheet and place in containers or freezer bags and store in freezer.

## Strawberry Waldorf Salad

1 package (6-oz.) strawberry gelatin  
1-1/2 cups boiling water  
2 cups sliced fresh strawberries  
1-1/2 cups diced apples  
1/2 cup sliced celery  
1/3 cup chopped walnuts (optional)  
1 cup low fat sour cream

1. Dissolve gelatin in boiling water; cool.
2. Add berries, apples, celery, and walnuts; mix well.
3. Chill until almost jelly-like.
4. Fold in sour cream. Pour into 5-cup ring mold or other serving dish; chill until firm.

Serves 8-10.

Nutrition Facts (per serving):  
Calories 140 ~ fat 6 g ~ calories from fat 50 ~ sodium 85 mg ~ total carbohydrate 21 g ~ fiber 1 g



## Berry Parfait

1 - 3.5 oz. pkg. instant chocolate pudding  
2 cups skim milk  
1 teaspoon vanilla (optional)  
1/2 cup granola-type cereal  
1/2 cup nondairy whipped topping  
1/2 cup fresh or frozen berries

1. Prepare pudding with milk and vanilla.
  2. Fill glasses with pudding and then a layer of granola cereal.
  3. Top with whipped topping. Refrigerate.
  4. Top with berries before serving. Frozen berries should be thawed.
- Serves 4.

Nutrition Facts (per serving):  
Calories 210 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 420 mg ~ total carbohydrate 37 g ~ fiber 3 g

