

Kentucky Raspberries and Blackberries



Season: June, July, and August

Varieties: The raspberry, also known as a brambleberry, is a small, round, delightful fruit. Raspberries are available in red, black, yellow, and purple. Other types of brambleberries—blackberries, boysenberries, and dewberries—are similar in plant structure and fruit quality to the raspberry, but they are different in berry shape.

Nutrition Facts: All brambleberries are a valuable addition to the diet. They provide fiber and are a good source of potassium and vitamin C. One cup of raw berries contains 70 calories and no fat. The sweet ripened berry is tasty without added sugar and combines well with other fruits.

Selection and Storage: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, or bruised or that has moisture leaks staining the carton. Store unwashed and covered berries in the refrigerator. Use within two days.

Preparation: Handle all berries gently. Raspberries are more delicate and perishable than other brambleberries. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

towels. Serve berries over cereal with milk or use in recipes for salads, pies, breads, and desserts.

Preserving: Berries may be preserved by canning or freezing for making jellies or jam. For more information, contact your local county Extension office.

Berry Muffins

1¾ cups flour
3 teaspoons baking powder
3 tablespoons sugar
1 egg, slightly beaten
1 cup low-fat milk
¼ cup oil
1 cup berries

Preheat oven to 400°F. Mix together 1½ cups flour, baking powder, and sugar in a bowl. In a separate bowl, combine the egg, milk, and oil. Combine the egg mixture with the flour mixture. Stir only enough to dampen the flour. Sprinkle ¼ cup flour over the berries. Gently stir into the batter. Spoon mixture into a greased muffin pan, filling each cup ⅔ full. Bake for 15 minutes.

Yield: 12 muffins.

Nutritional Analysis (per muffin): 160 calories, 4 g protein, 1 g fiber, 5 g fat, 20 mg cholesterol, 140 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Coordinator. Adapted from Kentucky Raspberries and other Brambleberries (FSHE-8). Recipe from Kentucky Farmers' Market Nutrition Program, The Market Basket. Kentucky Department of Agriculture. Reviewed by Dr. Terry Jones, Extension Specialist for Horticulture, and Charles Tyron Back, Extension Associate for Horticulture, University of Kentucky.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.