

BERRIES



Berries are generally in season from June through September.

Tips for selecting berries

Some common types of berries include raspberries, blueberries, blackberries, and strawberries. Select berries that are bright in color, uncrushed, and free of mold. If berries are in a box, make sure the box is not stained or leaking.

Storage

Berries should be stored in the refrigerator in the box they come in or in a shallow dish. They are best if used within one to two days. Berries can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Rinse the berries in cold water in a colander just before using them. Remove stem caps after washing strawberries. Berries can be eaten raw or cooked.

Key nutrients

- Fiber to prevent constipation
- Vitamin C for healthy gums, skin, and blood

Recipes

Berry sauce

½ cup sugar
2 teaspoons cornstarch
½ cup water
1 pint or 2 cups of fresh blueberries, blackberries, raspberries, or strawberries
1 tablespoon any fruit juice

Combine sugar and cornstarch. Stir in the water. Add berries and bring to a boil. Simmer on low heat until thickened, about 4 minutes, stirring constantly. Remove from heat and add fruit juice. Serve over pancakes, ice cream, or mix with plain yogurt. Berry sauce can be stored in the refrigerator for one week or in the freezer for up to two months. Serves 4; 130 Cal; less than 1 g fat.

Berry cobbler

1 cup blueberries, blackberries, raspberries, or strawberries
4 tablespoons sugar
1½ teaspoons cornstarch
¾ cup flour
1 teaspoon baking powder
1 egg white, well beaten
¼ cup low fat milk
¼ cup butter or margarine, melted
Preheat oven to 425°F. Combine berries, 2 tablespoons sugar, and 1½ teaspoons cornstarch in a mixing bowl. Pour into an 8- or 9-inch square greased baking dish. Combine flour, baking powder, and 2 tablespoons sugar in a mixing bowl. Mix egg, milk, and melted butter or margarine together. Stir gently into the flour mixture. Spread over the berries. Bake for 30 minutes. Serves 9; 115 Cal; 5 g

