

Black Raspberries ... packed with flavor and nutrition.

- Black Raspberries are low in calories and carbohydrates and almost fat-free.
- Black Raspberries are rich in Vitamin C and fiber, which have both been shown to help reduce the risks of certain cancers.
- They are the “king of berries” in terms of health benefits. They have extremely high levels of phenolic compounds and of anthocyanins (which give them their dark color). Their ORAC level (a measure of antioxidants) is about three times higher than that of blueberries! Antioxidants have been shown to fight cancer, heart disease, and age-related decline.
- Clinical studies at Ohio State University showed 60-80% reduction in colon tumors in rats and esophageal cancers in mice with black raspberries added to their diets. Human clinical studies are now being conducted.

*Black raspberries are a great addition
to anyone's diet!*

Enjoy black raspberries...

- By the handful, fresh or frozen
- In pies, cobblers, and crisps
- On cereal, pancakes, or waffles
- As jam or preserves
- In or on ice cream
- In smoothies



Visit www.raspberryblackberry.com for recipes and additional information.

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Raspberry Nutrition Facts

Serving Size : 1 cup (123g)

Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat .8g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	2%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-2 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

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