

RECIPES

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on Raspberries. Here is some information on Raspberries.

What Is a Raspberry?

Raspberry is a small, red or black berry made of tiny juice-filled sections called drupelets. They are soft, juicy, sweet with a slightly tart flavor. **Read trivia for the week.**

How Raspberries Grow

Raspberries grow on canes, which are long, thorny stems. They prefer cool or mild climates with lots of sunlight. Raspberries are found in gardens, farms, and the wild. **Read trivia for the week.**

Health Benefits of Raspberries

Raspberries are high in vitamin C and fiber. They are low in calories, making them a healthy snack. **Read trivia for the week.**

Fun Raspberry Facts

Raspberries must be picked carefully because they are very soft. Wild raspberries are native to North America. They have been cultivated since Roman times. Over 200 varieties of raspberries exist. In some cultures, raspberries symbolized kindness. **Read trivia for the week.**

Types of Raspberries

Red: Sweet flavor. Black: Sweetest and highest in antioxidants. Purple: A hybrid of red and black raspberries. Yellow: Also called Fall Gold, mild and sweet. **Read trivia for the week.**

Raspberries in South Dakota

Raspberries can be grown in middle and southern parts of the state. Black raspberries don't survive South Dakota winters. **Read trivia for the week.**



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

