

ALL ABOUT RASPBERRIES



HEALTH BENEFITS OF RASPBERRIES

Raspberries are packed with vitamin C. Raspberries are rich in fiber. They are low in calories.



What do you call raspberries playing the guitar? A JAM session

WHAT IS A RASPBERRY?

A raspberry is a small, red or black berry made of many tiny juice-filled sections called drupelets. They are soft, juicy, and sweet, but they also have a slightly tart flavor.

WHERE DO RASPBERRIES GROW?

Raspberries grow best in cool or mild climates with plenty of sunlight. They grow on canes, which are the long, thorny stems of the raspberry plant. You can find raspberry bushes in gardens, farms, and even in the wild!

Nutrition Facts	
Portion Size	123 g
Amount Per Portion	
Calories	64
% Daily Value *	
Total Fat 0.8g	1 %
Sodium 1.2mg	0 %
Total Carbohydrate 15g	5 %
Dietary Fiber 8g	29 %
Sugar 5.4g	
Protein 1.5g	3 %
Vitamin D 0mcg	0 %
Calcium 31mg	2 %
Iron 0.9mg	5 %
Potassium 186mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	





Delicious!



FUN FACTS

- Raspberries are very soft and need to be handled carefully when picked.
- The wild raspberry is native to North America.
- Raspberries have been cultivated since ancient times, with evidence of their cultivation dating back to the Roman era.
- There are over 200 varieties of raspberries.
- In some cultures, raspberries were once a symbol of kindness.
- German mythology claims that raspberries hold magical qualities, and it was once believed to tame a bewitched horse, you would tie a wild raspberry twig around the horse's body.

RASPBERRIES IN SOUTH DAKOTA

Raspberries can be grown in the middle and southern portions of South Dakota. Black Raspberry varieties do not survive South Dakota winters.

POPULAR TYPES OF RASPBERRIES

- Red: Sweet Flavor.
- Black: Sweetest. Contain more antioxidants than red.
- Purple: Hybrid of the red and black.
- Yellow: Also known as Fall Gold.

