



Berries



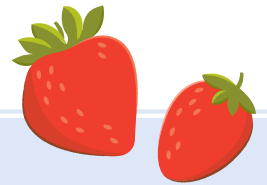
Nutrition

Berries contain antioxidants, which help keep your body's cells healthy and fight disease. The red color in strawberries and raspberries protects against heart and lung disease, while the dark color of blackberries help prevent blood clots in the heart.

How Berries Are Grown

Berries are grown in a variety of ways. Mulberries and juneberries grow on shrubs or trees, while blackberries and raspberries grow on bushes. Strawberries bud from a small plant close to the ground. Most berries begin to bear fruit in May and June. However, some berry varieties can produce in the fall. Most berries grow best in full sun.

Did you know?



- Kansas growing conditions are favorable for a variety of berry plants, such as strawberries, blackberries, raspberries, and aronia berries.
- Juneberries and mulberries are native to Kansas. Juneberry's flavor is similar to a raisin, and mulberries can be sweet or tart depending on the variety. Blueberries can be grown in Kansas; however it can be somewhat difficult due to the soil typically not being acidic enough for the plant.

Harvest

Berries are ripe when full color is present and are easily removed from the plant. The berries should be firm, yet not hard. If the berry is soft or mushy to touch, it may be past harvest.



Preparation

It is best not to wash berries until ready to eat. Washing early can cause berries to age more quickly. Berries can be eaten raw as a side to any meal or as a snack.

Storage

Store berries in the refrigerator to keep fresh. Storage life varies per berry, from two to three days for blackberries and raspberries to three to seven days for strawberries.