

AUGUST – Featured Fruit: RASPBERRIES



WASH. EAT.



(how easy is that?)



Hi, we're Rachel, Reuben and Rex Raspberry. <sup>1</sup>

Now it's our turn to tell you all about raspberries. Did you know that raspberries belong to the rose family? Can you imagine sending a friend a bunch of raspberries instead of a dozen roses?

## Facts

There are more than 200 species of raspberries in the world.

Although very perishable, raspberries are now imported from as far away as Chile and New Zealand, thanks to air travel and climate-controlled packaging.

Raspberries are a wonderful source of vitamin C, containing 40 percent of a person's daily needs.

Eat only one cup of plump, juicy raspberries and you'll have one of your 5 A Day! Yeah!!!

The raspberry is composed of many connecting drupelets (individual sections of fruit, each with its own seed) surrounding a central core.

## History

Red Raspberries have been cultivated in Europe for over 400 years.

In North America, cultivated raspberries originated from two groups: red raspberries, native to Europe, and wild red ones native to North America.

By 1867 over 40 different varieties were known.

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Source: <sup>1</sup>Dole 5 A Day. [www.dole5aday.com](http://www.dole5aday.com)

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## Where Grown

Raspberries grow best in areas of the United States that have cool summers, mild winters, and a rain-free harvesting season.

That's why about 90 percent of all raspberries are grown in Oregon, Washington, and California.

## Types

Although there are more than 200 different species of raspberries in the world, all are grouped as red, black, or golden.

Red raspberries are the most widely available.