

BERRIES



GLEANERS

**STRAWBERRIES, BLUEBERRIES,
RASPBERRIES, BLACKBERRIES, AND
CRANBERRIES, OH MY!**

DID YOU KNOW?

There are over 400 different species of berries that come in all different colors!

VISIT [GLEANERSNUTRITIONHUB.ORG](https://www.gleanersnutritionhub.org) FOR MORE RECIPE IDEAS AND COOKING TIPS!

Why should you eat berries?

- Berries are rich in antioxidants (substances that help fight cell damage) and vitamins such as vitamin C and B vitamins, and can help lower disease risk!
- They are a good source of fiber for your diet and can help you feel fuller longer, which can also aid in blood sugar control.

[HTTPS://WWW.EVERYDAYHEALTH.COM/DIET-NUTRITION-PICTURES/AMAZING-HEALTH-BENEFITS-OF-BERRIES.ASPX](https://www.everydayhealth.com/diet-nutrition-pictures/amazing-health-benefits-of-berries.aspx)



WAYS TO ENJOY BERRIES

How to choose berries

- Try to choose packs of berries that are not moldy- the mold spores can quickly spread to other berries.

Washing/Storing

- Before washing, remove any moldy or soggy berries.
- Soak the berries in warm water with a couple tablespoons of vinegar to kill any mold spores- about 5-10 minutes.
- Use a towel to pat the berries dry.
- Store berries in a paper towel-lined, sealable container to reduce moisture.
- Store in the fridge for 1-2 weeks!

Freezing

- Berries can be frozen in plastic bags if they will not be used right away.

Ways to use berries

- Sprinkle your berries into a salad, blend them into a smoothie, use them to make jam, or use them as a delicious topping for frozen yogurt!

Notes:

- Wash and store different berries separately not together.

BERRY PARFAIT RECIPE

Ingredients:

- 1 cup plain greek yogurt
- 1/2 cup of your favorite berries
- 1/4 cup granola or your favorite nuts

Instructions:

In a bowl, add your yogurt and top with all desired fruit or toppings. Mix together and enjoy!

Enjoy this as a healthy, high-fiber breakfast, or as a low-sugar dessert!

