



## Local Food For Schools

# RASPBERRIES

## Promotional Resources

### Fun facts

- Raspberries are in the rose family and come in four colors: gold, black, purple, and red.
- Raspberries contain ellagic acid, manganese, vitamins C and K, and have more fiber than any other berry.
- Raspberries and blackberries grow on canes. It takes 2 years for the cane to develop to grow the berries. Once the cane has fruited it dies.
- Washington state produces 95% of the nation's red raspberries.

### Know your farmer

#### NW Berry Coop - Everson, WA

Northwest Berry Co-op is a cooperative of local farmers located in the heart of Everson, WA. Their growers bring several hundred years of combined experience together to produce the finest and freshest U.S.A. grown raspberries. Their goal is to work alongside their local farmers and deliver the highest quality of berries from the farm to your table.



## Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [Washington Grown Harvest of the Month - Berries](#)
- [WSU Fresh From the Farm – Raspberries \(Spanish\)](#)
- [WSDA Berries Handout](#)
- [Vermont Harvest of the Month Lessons – Berries](#)
- [Food Hero – Raspberry and Blackberry Basics \(Spanish\)](#)
- [Red Raspberry Commission – K-12 Resources](#)
- [Oregon Harvest for Schools Classroom Connections – Cane Berries](#)
- [Whatcom Farm to School - Raspberries](#)



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