



- ◆ Red raspberries have been growing throughout Europe for centuries. It is believed they originated in Turkey and spread throughout Mediterranean Europe.
- ◆ These berries are about 1.5-2 cm long, cylinder-shaped, with deep red coloring and a sweet flavor. They consist of a collection of tiny fruits, each with its own seed covered in red skin and flesh, which form a helmet-shaped cluster around a small stem.
- ◆ Raspberries are a member of the rose family. Raspberry plants can live up to 10 years.
- ◆ About 90% of all raspberries grown in the USA are grown in Oregon, Washington, and California. Select raspberries that are plump and brightly colored.
- ◆ Raspberries are very high in dietary fiber. They are also a good source of vitamin C.



*Raspberry*