

Fruit & Vegetable **facts**

Materials to inspire your USDA Fresh Fruit & Vegetable Program

— BERRIES —

A berry is a single fruit, consisting of pulp and seeds, often grown on perennial bushes or trees. Berries are commonly eaten fresh or used in pies, jam and jellies. They have a sweet flavor and are loaded with vitamins, minerals, and fiber.

Spotlight on....



Blueberries

Blueberries are native to North America and estimated to have existed for more than 13,000 years. The berries, leaves, and roots were used by Native Americans for medicinal purposes.

Blueberries grow in low and high bushes. They are deciduous, perennial plants with hearty and fibrous root systems.



Raspberries

Raspberries are said to originate in Eastern Asia. There is archaeological evidence that they were consumed during the Paleolithic Era by cave dwellers. They were later favored by King Edward I of England who asked that they be cultivated throughout the country.

Raspberries are in the rose family. They come in both red and black varieties and more recently a genetic mutation has produced yellow raspberries. While the fruit is popular for its sweet and tart flavor, the leaves are also highly sought after for their medicinal properties. Raspberries grow as far north as the Arctic Circle but thrive at the latitudes where they are cultivated in the United States.



Strawberries

Strawberries date back to the Mesolithic and Neolithic Eras and were cultivated starting in the 14th century. The name is said to have come from growing berries on beds of straw and sold as a “straw of berries” at the market. In 1368, King Charles V was reported to have planted 1,200 strawberry plants in the Louvre Gardens.

Strawberries grow with seeds on the outside of their flesh. They are low-growing, herbaceous plants with strong fibrous roots.

More about.. BERRIES

More Facts



- Berries have been used for medicinal purposes and as dyes for centuries.
- Today the average strawberry reaches the consumer between 24-36 hours after being picked.
- Blueberries will not ripen once picked.
- Ancient Greeks used young berry brambles to fasten loose teeth.
- Native Americans referred to blueberries as “Star Berries,” because the pattern of the blossom forms a 5-point star.

Nutrition Facts

Berries are rich in antioxidants, fiber and Vitamin C. They also contain vitamins A, E and K and minerals potassium, manganese, copper, iron, and folic acid. Berries are low in calories and saturated fat and help the body metabolize carbohydrates, proteins, and fats.

Blueberries

Nutrition Facts	
Serving Size 1/4 cup fresh blueberries (37g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 0g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than 65g	80g	80g
Saturated Fat	Less than 20g	25g	25g
Cholesterol	Less than 300mg	300 mg	300 mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Strawberries

Nutrition Facts	
Serving Size 8 medium berries (147g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than 65g	80g	80g
Saturated Fat	Less Than 20g	25g	25g
Cholesterol	Less Than 300mg	300mg	300mg
Sodium	Less Than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Raspberries

Nutrition Facts	
Serving Size 1 Container	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 16 mg	5%
Sodium 70 mg	3%
Total Carbohydrate 21g	7%
Sugars 17g	
Protein 5g	10%
Vitamin A 5%	Vitamin C 0%
Calcium 22%	Iron 0%

Not a significant source of dietary fiber.
*Percent Daily Values (DV) are based on a 2000 calorie diet.

Preparing Berries

- Wash and dry the berries.
- To eat fresh, sprinkle them onto a salad, yogurt, ice cream, or eat them alone as a snack.
- To freeze berries, rinse them well, spread out on a cookie sheet so they don't stick together and then put in the freezer. Once frozen, the berries can be put in an airtight freezer container.
- To make jam or jelly, crush berries and add to a pot with desired amount of sugar; simmer until some water evaporates and jam/jelly consistency has been reached. For instructions on canning, visit extension.usu.edu/utah/files/uploads/canning/guide%207%20-%20canning%20jams%20and%20jellies.pdf

Storage

Berries are extremely perishable when fresh. They should be ripened on the vine and then washed and eaten immediately or prepared for storage. They will keep fresh in the refrigerator in a dry, ventilated container for 3-5 days. It is important to wash and dry them in preparation for storage. Berries can be processed into jams, jellies, pies, frozen, or dried.

See RECIPES section on our website for recipe ideas