



Berry, Raspberry

Purchasing Specifications

Availability:

Year round

Growing Regions:

Argentina, Canada, Chile, Mexico, USA

Receiving Information:

- Product breakdown: Raspberries are sensitive to even light freezing.
- Decay: Raspberries may decay if they are allowed to stand at room temperature. Keep raspberries properly refrigerated until ready to use or display.
- Leaking; deterioration: Berries may leak or begin to deteriorate if they are mishandled. For best quality, handle berries with care; do not drop shipping containers on floor.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No

- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Washing: Berries are often picked and packaged right in the field so it is very important to wash them before eating. Never rinse your berries until just prior to use. Any moisture will hasten the breakdown of the berries. Gently rinse berries with cool water just before eating.
- Selection: Consumers should choose berries that are firm to the touch but give slightly. Avoid mushy berries or berries that are crushed or show signs of mold.
- Refrigeration: Keep berries in the refrigerator at all times until you are ready to use them. Berries left out of refrigeration have a substantially shorter shelf life and will break down quickly.
- Taste: Raspberries have a mostly sweet, slightly tart flavor.

- Shape: Bumpy; juicy
- Phytochemical: Ellagic Acid
- Usage: Great snack; excellent topping on cereals, pancakes, waffles, yogurt or desserts; used in muffins, shakes/smoothies, sorbets, in salads or sauces. Great for jams and jellies.
- Color: Red
- Flesh Description: Red, juicy
- Shape: Round to ovoid or conical
- Scientific Name: Rubus idaeus
- Taste: Sweet, slightly acidic flavor

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 64	Fat Calories
% Daily Value*	
Total Fat 1g	
Sat Fat 0g	
Trans Fat	
Cholesterol 0mg	
Sodium 1mg	0%
Total Carbohydrates 15g	11%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 1g	3%
Potassium 186mg	4%
Vitamin A 0%	Vitamin C 43%
Calcium 3%	Iron 5%

*Percent Daily Values are based on a 2,000-calorie diet.