



*Eat 5 or more servings of fruits and vegetables every day!*

#### **FARMERS' MARKET SEASON**

June to September

#### **BUYING TIPS**

Select berries that are bright in color, uncrushed and free of mold. If they are in a box, make sure the box is not stained or leaking.

#### **STORAGE**

Berries should be stored in the refrigerator in the box they come in or in a shallow dish. They are best if used within 1 to 2 days. Can be frozen—contact your county Extension office for information.

#### **PREPARATION**

Wash the berries in cold water just before using them. Remove stem caps after washing berries. Berries can be eaten raw or cooked.

#### **KEY NUTRIENTS**

Fiber for preventing constipation.  
Vitamin C for healthy gums, skin and blood.

#### **RECIPES**

##### *Berry Sauce*

- ½ cup sugar
- 2 tsp. cornstarch
- ½ cup water
- 1 pint or 2 cups of any fresh berries
- 1 Tbsp. any fruit juice

Combine sugar and cornstarch. Stir in the water. Add berries and bring to a boil. Simmer on low heat until thickened, about 4 minutes, stirring constantly. Remove from heat, add fruit juice. Serve over pancakes, ice cream or mix with plain yogurt. Berry Sauce can be stored in a refrigerator 1 week or frozen to store longer.

##### *Berry Muffins*

- 1 ¾ cups flour
- 3 tsp. baking powder
- 2 Tbsp. sugar
- 1 egg, slightly beaten
- 1 cup low fat milk
- ¼ cup oil
- 1 cup blueberries, raspberries or blackberries
- ¼ cup flour

Preheat oven to 400 degrees.

Grease muffin tins or use paper baking cups or spray (with non-stick cooking spray). Mix together, baking powder and sugar, and 1 ¾ cup flour in a bowl. In another bowl combine 1 egg, milk and oil. Combine the egg mixture with the flour mixture. Stir only enough to dampen the flour. Sprinkle ¼ cup of flour over berries.

Gently stir berries into batter.

Spoon into muffin tins. Fill each cup two-thirds full. Bake for 15 minutes. Makes 12 muffins.

##### *Berry Cobbler*

- 2 cups blueberries, blackberries or raspberries
- ½ cup sugar
- 1 Tbsp cornstarch
- 1 ½ cups flour
- 2 tsp. baking powder
- 1 egg, well beaten
- ½ cup low fat milk
- ½ cup butter or margarine, melted

Preheat oven to 425 degrees.

Combine berries, ¼ cup sugar and cornstarch in a mixing bowl. Pour into 9" x 13" greased baking dish.

Combine flour, baking powder, and ¼ cup sugar in a mixing bowl. Mix egg, milk and melted butter or margarine together. Stir gently into the flour mixture. Spread over the top of the berries. Bake for 30 minutes

##### *Add ins*

Add approximately ½ cup of any fresh berries to pancake batter.

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