

Red Raspberries



Raspberries are a very healthy food; they are high Vitamin C and naturally have no fat, cholesterol or sodium. They are also a good source of iron and folate (which is used especially in treatment of low red blood cells or anemia). Raspberries have been shown to lower high blood cholesterol levels and slow release of carbohydrates into the blood stream of diabetics.

How to choose:

Select plump, firm, fully red berries (or yellow or purple if that is the color of the variety). Unripe berries will not ripen once picked. When ripe, most varieties achieve a darker blush at peak sugar and they separate easily from the core which remains attached to the plant. If you must pull hard to remove the berry or it remains attached to its core, it is not ripe.

Nutrition:

- 1 cup of raspberries is only 61 calories and high in dietary fiber
- Raspberries are high in potassium, vitamin A and calcium
- Raspberries contain about 50% of the recommended daily allowance of vitamin C.

Storage:

The key point is that the berries must be placed in cold storage immediately after harvest, preferably at 32 or 33 F. They can be stored at these temperatures without freezing, and are good for three days to one week.



Recipes

RED RASPBERRY JAM BARS

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- 1 lb. butter
- 2 (11 oz.) raspberry jam
- 4 c. flour
- 1 c. sugar
- 4 egg yolks (good size)

Have butter cold. Work butter and flour in with hands. Add sugar and yolks all at once. Mix with hands until well blended.

Take 3/4 of mixture and pat in large cookie pan. Pat round edges. Spread jam on top and keep away from edges of dough.

Cut balance of mixture and pat or roll. Cut into strips and lay crisscross on jam. Bake 1 hour at 325 degrees. Cut into squares while warm. Mixture should be 1/4 inch thick in pan.

RED RASPBERRY SALAD

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- 1 (3 oz.) pkg. raspberry Jello
- 1 c. boiling water
- 1 (10 oz.) pkg. frozen raspberries
- 1/4 c. whipping cream (not whipped)
- 1 (3 oz.) pkg. cream cheese
- 1/2 c. mini marshmallows

Dissolve Jello in hot water. Add frozen raspberries, stir until separated, chill, whip the cream cheese and whipping cream together. Blend in mini- marshmallows. Spread over Jello mixture and chill. Use oiled mold.