

# Berries

Cafeteria | [VermontHarvestoftheMonth.org](http://VermontHarvestoftheMonth.org)

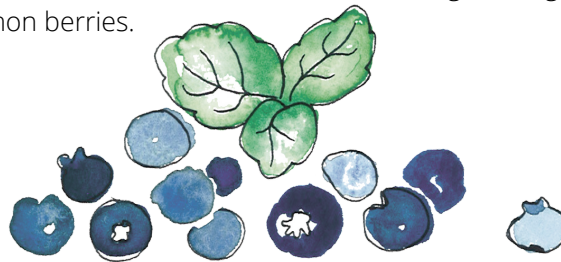
Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

## Mini Activities

- Smoothie challenge: have students create a smoothie recipe, where a few atypical, but healthy ingredients must be included, such as, spinach, kale, mint, avocado, sunflower seed butter, flaxseed, cinnamon or ginger.
- Taste test uncommon berries, such as chokeberries, currants, elderberries or gooseberries, alongside common berries.

## Tidbit

Berries are fleshy fruits that supply a burst of flavor and color to our plates during the summer months. They are rich in vitamins and minerals, making them an excellent snack choice. Eat berries on their own, incorporate them into your breakfast, blend them into a smoothie, or make a scrumptious jam—you can't go wrong



## Recipes

### Berry Crisp

Yield: 9 in pie pan

#### Filling Ingredients:

- 3 cups blueberries
- 3 cups raspberries
- 1/8 cup sugar
- 1/4 cup all-purpose flour
- 1/4 tsp. cinnamon
- splash of lemon juice

#### Topping Ingredients:

- 1 cup rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1/4 cup sugar pinch of salt
- 1/4 tsp. nutmeg
- 1 stick of cold, unsalted butter, cut into small pieces

#### Directions:

1. Preheat the oven to 350°F.
2. Butter a 9-inch pie plate.
3. Gently combine the berries with the sugar, flour, cinnamon and lemon juice and spoon into the prepared pie plate.
4. Topping: Combine the oats, flour, both sugars and salt in a bowl. Use 2 forks to work in the butter, until topping resembles coarse meal. Sprinkle over the berries.
5. Place the pie plate on a baking sheet. Bake in the center of the oven until the fruit is bubbling and the topping is golden brown, about 1 hour. Remove the crisp to a rack to cool slightly. Serve with ice cream or fresh whipped cream.

Source: Adam's Berry Farm in Charlotte, VT

### Blueberry Spinach Salad

Yield: 4 servings

#### Salad Ingredients:

- 1 quart blueberries, cleaned, hulled and sliced
- 10 ounces fresh spinach, rinsed, dried and torn into bitesize pieces
- 1/4 cup almonds, chopped and toasted

#### Dressing Ingredients:

- 1/4 cup sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1 Tbsp. onion, minced
- 1/4 tsp. pepper
- Directions:

1. In a medium bowl, whisk together the sugar, olive oil, vinegar, onion, and pepper. Cover and chill for one hour.
2. In a large bowl, combine the blueberries, spinach, and almonds. Pour dressing over salad, and toss.
3. Refrigerate 10 to 15 minutes before serving.

Source: New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks, edited by GMFTS

Berry Crisp

Blueberry Spinach Salad

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## Selection Tips

Choose berries that are free of mold, firm, and not overripe (usually indicated by a dark, dull color).

## Storage Tips

- Store berries in the refrigerator, unwashed, until ready to consume.
- Remove rotten or moldy berries to prevent other berries from becoming damaged.
- Blueberries can last up to a week in the fridge, while strawberries and raspberries are more fragile and last 2-3 days.
- **To freeze:** Freezing berries whole retains their highest nutritional value. Remove overripe or moldy berries, wash, then drain. Lay a single layer of berries on a baking sheet, and freeze overnight. Store the berries in labeled, freezer grade bags; you can preportion the berries for specific recipes

## Kid-Friendly Eating Tips

- Make a simple smoothie with berries, bananas, yogurt, orange juice, and ice.
- For breakfast, add fresh berries on top of granola, yogurt, pancakes, waffles, or cereal.
- Microwave lightly mashed blueberries or raspberries or sliced strawberries with a bit of orange juice to make a delectable topping for pancakes or waffles.
- Have a mixed berry salad with a bit of fresh lemon juice and maple syrup or honey.
- Experiment with berry popsicles!

## Cooking Tips

- Immediately before consuming, rinse berries quickly and gently in cold water.
- Do not soak or scrub.

## Benefits

- Blueberries: A good source of vitamin C, potassium, sodium, and fiber.
- Raspberries: An excellent source of vitamin C and fiber.
- Strawberries: An excellent source of vitamin C and a good source of potassium.

