

## Growing & Harvesting

**Grow.** Plant disease-free raspberry plants in the early spring in rows six feet apart with plants spaced every 2-3 feet. Set bareroot plants in well-drained soil with a pH of between 5.5 and 6.5. In a shallow hole wide enough to accommodate the roots, spread the roots out so that the crown (where the roots meet the stem) is 1-2 inches below the ground. Cover with soil and firm in to remove air pockets. Water well and cut canes back to six inches above the ground. Newly planted canes will not produce fruit the first year, and possibly not the second, but will provide a mature crop in the third year. For more growing information look for the MontGuide, Growing Raspberries in Montana Gardens, at [www.msueextension.org](http://www.msueextension.org) or contact your Extension office.

**Harvest.** Raspberry harvest usually occurs in July and August. Look for full reddish-purple fruit. A good test for ripeness is how easy the berry pulls from the cane. A truly ripe berry will slip off the stem with a gentle pull.



## Selection

Select raspberries which are bright-red (red raspberry) or fully-colored (black, purple, or yellow raspberry). Ripe raspberries should be bright, shiny, uniform in color and firm. Taste varies from tart to sweet depending on the variety and maturity. Avoid overly soft fruit with dark spots or if wet or moldy.

## Storage

Place berries loosely in a shallow container to allow air circulation and to prevent the berries on top from crushing those underneath. Berries are highly perishable. Store immediately in the refrigerator. Do not wash berries before refrigerating. Store covered containers of berries in a cool, moist area of the refrigerator, such as in the hydrator (vegetable keeper), to help extend the usable life of the fruit. Raspberries can be stored one to two days in the refrigerator.

## Food Safety Tips

1. **Clean.** Wash hands and food contact surfaces before and after preparation.
2. **Chill.** Keep produce and food cool and chill promptly.
3. **Separate.** Keep produce and food separate from raw meats and eggs.
4. **Cook.** Cook food to a safe temperature.

Questions? Click on [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Information

Most fruits are rich in fiber and phytochemicals, but provide negligible amounts of saturated fat, trans fat, cholesterol, and sodium and are gluten-free. Raspberries are rich in Vitamin K and C and have only 32 calories per half-cup serving.

## Uses

**Bake.** Add berries to muffins, scones, cookies, cake, crisps, cobblers, pie, or to pancakes for added flavor and nutrients.

**Puree.** Puree raspberries, sieve or strain out seeds if desired, and use as a sauce over peaches, ice cream, or frozen yogurt.

**Raw.** Add fresh berries to hot or cold cereals or top fresh berries with plain nonfat yogurt and granola for a delicious breakfast, snack, or dessert. Also add fresh raspberries to smoothies, lemonade, iced tea, and water.

**Preserve.** For more information on preserving raspberries, look for MontGuides: Freezing Fruits; Drying Fruit; Processing Fruit, Tomatoes and Mixtures in a Pressure Canner; Making Jams, Jellies and Syrups Visit [www.msueextension.org/nutrition](http://www.msueextension.org/nutrition) and click on the food preservation link or contact your Extension office.

# Preparation: Step-by-Step



Harvest fruit early in the morning and cool immediately to protect quality. Keep store-purchased raspberries cool.



Store raspberries in half-pint containers. If a larger container is used, bottom fruit may be crushed.



Wash hands prior to rinsing raspberries. Do not rinse berries until ready to eat. Rinse raspberries thoroughly by placing under running water in hand or a colander.



Enjoy fresh, add to salads or drinks, bake, puree, or preserve.

## For More Information:

Montana State University Extension: [www.msuextension.org](http://www.msuextension.org)  
MSU Extension Master Gardener: [www.mtmastergardener.org](http://www.mtmastergardener.org)  
MSU Extension Food and Nutrition: [www.msuextension.org/nutrition](http://www.msuextension.org/nutrition)  
MSU Extension Nutrition Education Programs: [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

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## Information Courtesy of:

Fruits & Veggies More Matters. (2012). Raspberries: Nutrition. selection. storage. <http://www.fruitsandveggiesmorematters.org/raspberries>  
Otto, S. (1995) The backyard berry book: A hands-on guide to growing berries, brambles, and vine fruit in the home garden. Maple City, MI. Ottographics  
University of Oregon Extension. (1989). Growing raspberries in your home garden. Growing Small Fruit. <http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/18936/ec1306.pdf>