Raspberry

What am I?

Raspberries are a small, deeply colored berry. The fruit has a sweet taste and delicate, spongy texture.. They can be eaten raw, or made into smoothies, jams, or baked goods.

How do I grow?

- Berries grow on bushes. They grow best in places that have cool summers, and mild winters.
- Wisconsin-grown raspberries can be found throughout the late summer

Nutrition Facts

Raspberries are a great source of fiber. Fiber helps keep our heart healthy and improve digestion. Raspberries also contain antioxidants which help decrease risk for cancer and heart disease.

Fun Facts

- Raspberries can be red, black, purple, and golden in color
- Black raspberries are different from blackberries
- Raspberry plants can live for up to 10 years!

WISCONSIN DEPARTMENT OF
Public Instruction
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