



Raspberries

How to Prepare

Raspberries are a delicious mid-summer treat. With a little care you can grow raspberries in Yellowknife, and with a little luck you can find them growing in the wild. While Yellowknife is not in the traditional growing range for raspberries, there are enough of them growing around the city to put to rest the notion that they can't survive the winter.

Raspberries can be enjoyed on their own, in desserts, as part of a healthy breakfast, or as part of savoury dishes. When fully ripe they have a bright, sweet, tangy flavour that makes them easy to love.

Freshly harvested berries will hold in the refrigerator for a few days, or they can be kept indefinitely in the freezer. To freeze your own berries you are best to use the Individual Quick Freezing (IQF) technique. Cover a cookie sheet with a layer of parchment paper, place the raspberries on the parchment in a single layer, and then freeze. Once frozen, transfer the berries to a sealable bag, and remove as much air as possible. Keep frozen until you're ready to use the berries.

For information on growing your own raspberries, visit almanac.com/plant/raspberries

Use Raspberries:

- In salads with fresh cheeses;
- In smoothies or juices;
- In fruit salad;
- In pastries and baked desserts;
- In crumbles or cobblers;
- As an ice cream topping;
- As a jam, preserve or syrup;
- Juiced for vinaigrettes or sauces;
- In scones or muffins;
- As a compote for meats; and
- In oatmeal or overnight oats.

Harvesting Information:

Raspberries are ready to harvest when they are bright red to purple, and slightly soft.

When picking, do not stack harvested berries too deeply as they will bruise easily.

Store in the refrigerator.



Nutrition Highlights

- Very high in Vitamin K and C;
- A good source of manganese;
- A good source of fiber;
- A good source energy;
- A good source of magnesium.



YELLOWKNIFE FARMERS MARKET



Recipe: Creamy Raspberry Vinaigrette

Ingredients

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| 1 ½ cups of fresh raspberries | 1/3 cup plain yogurt |
| 1 tbsp water | 2 tsp honey |
| 1/3 cup olive oil | ¼ tsp salt |
| 3 tbsp white vinegar | |

Instructions

1. Heat the raspberries and water in a small saucepan over medium heat, covered.
2. After a few minutes juices will start seeping out of the berries. Use a fork to crush the berries and let the mixture come to a gentle boil. Remove the cover and let the mixture gently boil for a couple of minutes, ensuring the raspberries are completely softened. Add honey and stir to combine. Remove from heat.
3. Pour raspberry mixture into a bowl or container and set in the refrigerator until completely cooled.
4. Using a fine mesh strainer, pour the raspberry mixture through strainer into a bowl, removing the seeds and pulp from the syrup.
5. Add raspberry syrup and remaining ingredients into a blender and blend until completely combined and creamy.

Refrigerate leftover dressing for up to one week.

Greek or full fat yogurts will give a creamier flavour and texture than low fat yogurt.

Play with the flavours by using different berries and vinegars. Strawberry and balsamic vinegar is also a great combination!

Per 100g	SASKATOONS	BLUEBERRIES	STRAWBERRIES	RASPBERRIES
Energy	84.84 Ca	51 Ca	37 Ca	49 Ca
Protein	1.33 g	0.42 g	0.7 g	0.91 g
Carbohydrate	18.49 g	12.17 g	8.4 g	11.57 g
Total Lipid (fat)	0.49 g	0.64 g	0.5 g	0.55 g
Total Fibre	5.93 g	2.7 g	1.3 g	4.9 g
Vitamin C	3.55 mg	2.5 mg	59 mg	25 mg
Iron	0.96 mg	0.18 mg	1.0 mg	0.75 mg
Potassium	162.12mg	54 mg	21 mg	152 mg
Vitamin A	35.68 IU	100 IU	27 IU	130 IU

Source: Saskatoon berries, SFGA, Conducted by POS Pilot Plant, assistance of Native Fruit Development Program (February 2003); Other fruit--USDA National Nutrient Database for Standard Reference, Release 15 (August 2002).