



Idaho **raspberries** are both delicious and healthy! Along with their delicious taste and vibrant color, **raspberries** are rich in Vitamin C, fiber, and potential anti-cancer agents. **Raspberries** also contain phytochemicals that are thought to slow down the aging process and boost the immune system.

Idaho offers many U-pick farms featuring all types of berries– to pick the perfect berry, make sure the **raspberry** easily slips off the stem into your hand without resistance. Choose plump, full and firm berries– once picked from the bush they will not ripen any further. To keep wonderful berries throughout the year, spread **raspberries** on a cookie sheet and freeze solid– then thaw later and enjoy!

You can add **raspberries** to traditional lemonade to make your own unique **raspberry** lemonade mix, use **raspberries** as a healthy topping for ice cream or pancakes, or blend **raspberries** with some sugar and spices to make a great steak sauce. With so many versatile uses, make sure to enjoy these tasty summer treats each year!

