

INCREDIBLE EDIBLE IDAHO

BERRY FACTS:

The best place to find locally grown strawberries, raspberries, blackberries, or other fresh berries in Idaho is at a Farmers Market or farm stand.

Huckleberries can only be found growing wild in the mountain areas of northern Idaho.

Strawberries are the only fruit with seeds on the outside.

A single raspberry or blackberry fruit is made up of many little fruits or "drupelets" all clustered together. Each drupelet contains its own seed.

NUTRITION FACTS:

Although small in size, berries pack huge nutrition benefits.

Colorful berries contain antioxidants that help reduce the risk of certain cancers and improve immune function.

Berries are a great snack because they are low in calories and high in fiber.

Folic acid and vitamin C are abundant in berries.

Berries that are consumed closest to harvest time are most nutritious and taste the best, so choose local berries when you can.

Where Are Berries Grown In Idaho?



Huckleberries:
Valley, Idaho, Clearwater, Boundary, Bonner, Kootenai, Shoshone, Lemhi Counties



Strawberries:
Payette, Ada, Bingham, Gem, Canyon, Gooding, Jerome, Fremont Counties



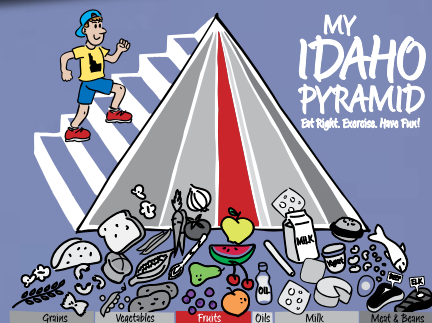
Raspberries:
Payette, Franklin, Canyon, Gooding, Twin Falls, Gem, Oneida, Power, Bonner Counties



Blueberries:
Bonner, Gem, Ada, Benewah Counties



Blackberries:
Bonner, Ada, Gem Counties

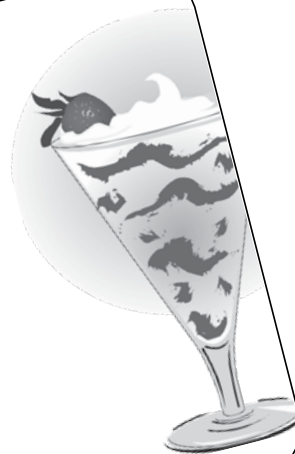


RECIPE

TRIPLE BERRY SMOOTHIE RECIPE
This berry smoothie is great for several reasons. It contains high level of antioxidants, vitamins C & E, and other nutrients. Great healthy snack.

- ½ cup strawberries
- ½ cup blueberries
- ½ cup raspberries
- 1 banana
- ½ cup yogurt
- 1 cup milk
- ½ cup ice cubes

Directions:
Blend the banana, ice, yogurt, milk, and other berries together until a smooth drink is formed. Pour into a cup and enjoy a very fruity, healthy smoothie.
8½ cups serving.



RECIPE

COLORFUL RASPBERRY SMOOTHIE RECIPE

- 1 medium banana
- ½ cup of red raspberries (or strawberries)
- ½ cup of black raspberries (or blueberries)
- ½ cup of yogurt
- ½ cup of ice

Directions:
Cut the raspberries into small pieces that will fit through a straw. Blend the banana, ice, and yogurt with the black raspberries. Add a few pieces of the red raspberry at the bottom of the cup, pour the smoothie ¼ then add more pieces of the red raspberry. Finish at the top with more pieces and enjoy.

4½ cups serving.



RECIPE

B³SMOOTHIE

Delicious anytime of the day, this smoothie makes a super-fast breakfast—packed with vitamin C, heart-healthy antioxidants, calcium, dietary fiber and essential Omega-3 fatty acids from the flax seed.

- Ingredients**
- 2 ½ cups fat-free vanilla yogurt or fat-free milk
 - 1 cup blueberries, rinsed, drained and picked over for stems
 - ½ cup blackberries, rinsed and drained
 - ½ cup raspberries, rinsed and drained
 - 2 Tablespoons ground flax seed

8½ cups serving.

Optional
2 Tablespoons honey for a sweeter smoothie
1 medium banana for a thicker smoothie (a good idea if you're using milk rather than yogurt)

Directions
Add all the ingredients in a blender. Mix on high speed until smooth, about one minute. Pour and serve immediately.

Variations
Use any combination of berries you want. To reduce calories, use fat-free plain, unsweetened yogurt and sweeten to taste with honey.

Strawberries Facts Sheet



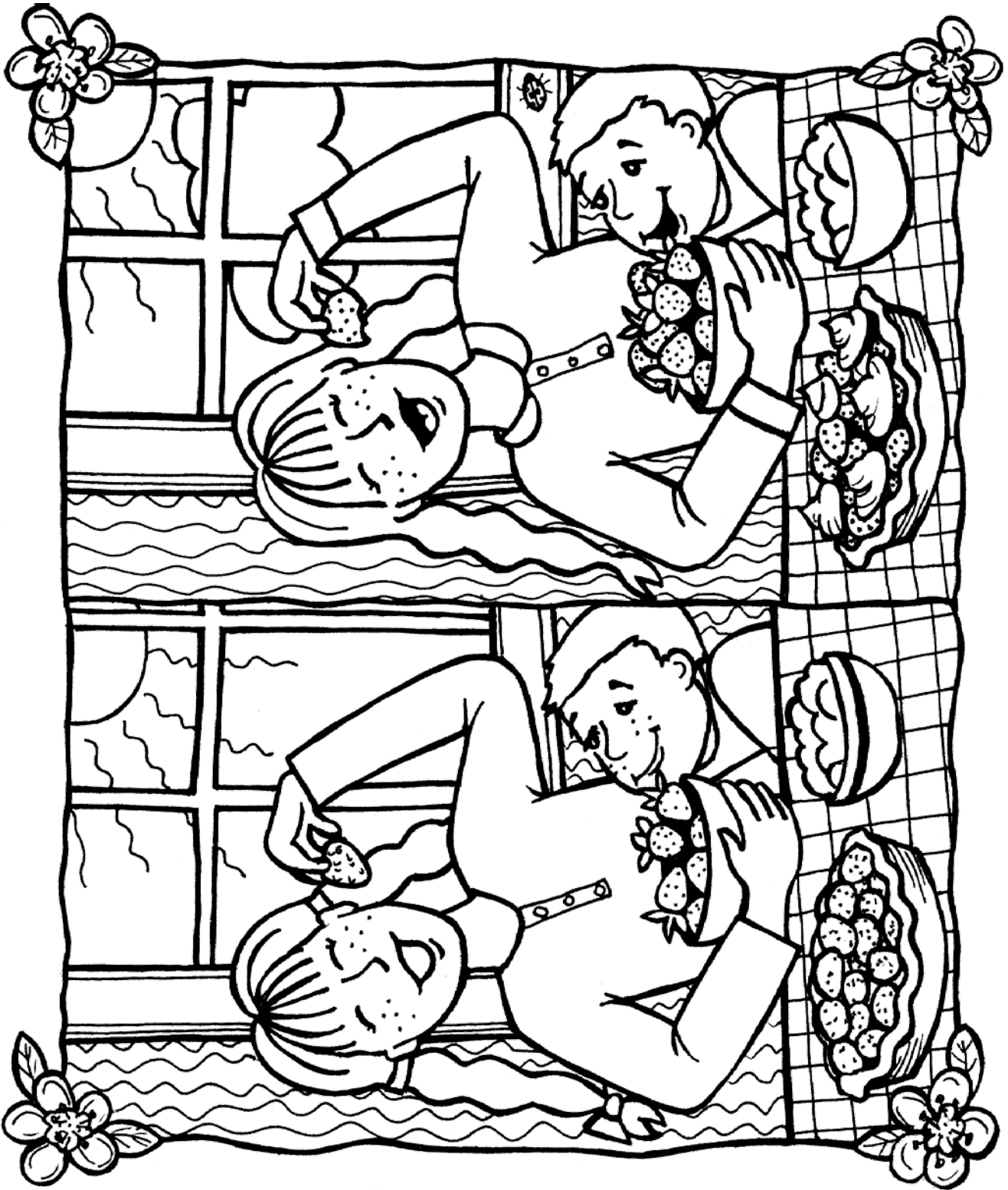
Strawberries remain one of the most powerful icons of summer— one reason this scrumptious fruit remains a popular favorite for enthusiasts of all ages. Not only are they full of rich, sweet flavor, **strawberries** are a wonderful source of nutritious benefits. One serving of eight **strawberries** contains 140% of Vitamin C (more than one orange!), 20% of folic acid, and 50% of dietary fiber according to the USDA recommended daily nutritional guidelines. In addition, **strawberries** are low in calories and fat-free!

Idaho **strawberries** are best recognized by having a rich red color, firmer fruit, and a sweeter taste than **strawberries** grown and imported from out of state. Local **strawberries** are picked only when fully ripened to allow for the sweetest and freshest

fruit available— this ensures a tastier berry that can only be found when buying local.

When selecting **strawberries**, make sure they have a bright red color, a natural shine, and fresh-looking green caps. For the absolute best flavor, let **strawberries** reach room temperature before serving.

Add a little pizzazz to traditional recipes by incorporating **strawberries** in unique ways. Slice several **strawberries** and add to your favorite salad, finishing with a light Italian dressing; make a **strawberry** pizza with wheat tortillas, light cream cheese, and **strawberries** and cinnamon; or simply mix **strawberries** with your favorite yogurt, ice cream or cereal to make for a delicious, nutritious and healthy treat.



There are 12 differences between these two pictures. Can you find them all?

Teachers can print off 8 ½" x 11" posters and activity sheets (and answers) at www.sde.idaho.gov/site/cnp/fom.htm to use as handouts in the classroom.