



Berries



What is in it for you?

- A ½ cup of blueberries, blackberries or strawberries is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

Produce Tips

- Choose fresh blueberries that are plump and have a solid, dark blue color.
- Choose fresh raspberries that are bright and evenly colored.
- Choose fresh blackberries that are dry and shiny, without any green or red colors.
- Refrigerate blackberries and raspberries for up to 3 days, and blueberries for up to 2 weeks.
- Wash berries just before serving.

Serving Ideas

- Top cereal, pancakes, waffles or low-fat ice cream with berries.
- Stir your favorite berries into low-fat yogurt.
- Toss berries in a salad with baby spinach or spring salad greens, and top with strawberry yogurt or balsamic vinaigrette.
- Keep a bag of mixed berries in the freezer for “smoothies.”



Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

