



# RASPBERRIES

**SUMMER**



**ARKANSAS**  
**FarmtoSchool**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Red and black raspberries grow best in Arkansas. Plant red raspberries 2 to 3 inches deeper than the depth they were growing at when purchased, 3 feet (ft.) apart. Plant black raspberries at the same depth they were growing at when purchased, 5 ft. apart. Learn more at <https://bit.ly/UAEXRaspberry!>



# PREP

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Discard any bruised, discolored, or squished raspberries. Remove any remaining stems. Do not wash raspberries before storing in refrigerator! Wash raspberries thoroughly with water before use. Prepare raspberries raw, frozen, jellied, jammed, or as an added ingredient.



# EAT

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Kick off your day with a sweet, raspberry muffin! Top your salad with fresh raspberries and your favorite protein. Enjoy a few frozen raspberries in your glass of water or lemonade! Munch on a chicken salad sandwich made with raspberries. Savor a scoop of homemade raspberry ice cream or sorbet!



# LEARN

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Raspberries most likely originated in Turkey. Raspberries are **fruits** that are high in potassium which supports the heart, muscles, and nerves. Farmers in Lavaca, Arkansas developed the Lavacaberry from boysenberry and raspberry plants, preventing economic crisis after the Depression!

