

Berry Nutrition!

- * Eight medium-sized strawberries contain 140% of the U.S. RDA for Vitamin C.
- * Strawberries are low in calories: one cup of unsweetened strawberries has only 55 calories
- * Strawberries are good sources of folic acid, potassium and fiber, and are fat-free and low in calories
- * Cranberries are almost 90% water.
- * Blackberries are a good source of iron and Vitamin C.
- * Blueberries provide a good source of iron, and they are powerhouses of antioxidants and other disease fighting compounds.
- * Most recently, researchers have linked eating blueberries with a reduction in the buildup of so-called "bad" cholesterol that contributes to cardiovascular disease and stroke, an easing of eye fatigue and a slowing of age-related loss in mental capacity.
- * Cranberries are recommended as a diuretic.
- * Raspberries contain Vitamin C and Iron.



New York Berries

According to the National Agricultural Statistics Service (NASS), in 2010, the value of berry production in NYS was \$15,000,000 for the three major berry crops (strawberries, raspberries, blueberries). In the last ten years, blueberry acreage has increased 29%, raspberries 11%, and strawberry acreage has declined slightly. In those same ten years, the combined value of these three crops has risen almost 50%.

Berry Trivia

There are approximately:

- * 450 cranberries in a pound
- * 4,400 cranberries in one gallon of juice
- * 45,000 cranberries in a 100# barrel
- * +/- 200 cranberries to make one can of cranberry sauce
- * +/- 200 tiny seeds in every strawberry

The *Foundation* has developed tools and resources to "sow the seeds of understanding". Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs to help us as we work to accomplish our mission. Thanks to the NYFB ProEd Committee for their help.

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Sowing the Seeds of Understanding

The Foundation

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Berries



The Mission of the Foundation is to inform and educate all New Yorkers regarding agriculture and to increase understanding between the farm and non-farm public.



Do You Know?

Delicious & Good for YOU...

Berry Info!

The dictionary definition of **berry**, a noun.

- α. a small juicy or fleshy fruit. Berries are usually round and may be edible or inedible.
- β. fleshy seed-containing fruit: a soft fleshy fruit that contains many seeds.

Synonyms: bilberry · blackberry · black currant · blueberry · boysenberry · cranberry.

The strawberry is not classified by Botanists as a true berry. True berries have seeds inside. The strawberry, however, has its dry, yellow “seeds” on the outside (each of which is actually considered a separate fruit).

Cranberry juice was first made by American settlers in 1683 & the first cranberry sauce was marketed in 1912.

Early American colonists made grey paint by boiling blueberries in milk. The blue paint used on Shaker house woodwork was made from sage blossoms, indigo and blueberry skins, mixed with milk.

Blueberries and huckleberries are related, but not the same. A blueberry has many soft, tiny almost unnoticeable seeds, and the huckleberry has ten larger, hard seeds. Blueberries are also more blue and huckleberries are blackish blue or reddish black. This red/black variety is also called southern cranberry.

Types of Berries!

BLACKBERRIES

There are thousands of varieties. The berries have been harvested since prehistoric times and used as food, medicinally and as natural barriers due to their heavy growth and thorns, originally know as bramble or brambleberries.



RASPBERRIES

Raspberries are composed of many connecting drupelets (individual sections of fruit, each with its own seed) surrounding a central core. Comparable to blackberries, they are commonly called bramble. According to legend, raspberries were originally white.



BLUEBERRIES

Blueberries have been commercially cultivated only since the early 20th century, when USDA helped develop new improved varieties. Blueberries rank number one in antioxidant activity when compared to 40 other fruits and vegetables. These important compounds advance heart health, reduce the risk of certain types of cancer, and boost total body wellness.



GOOSEBERRIES

Gooseberries are generally cultivated in tropical zones. The Cape Gooseberry has an inflated, papery skin and looks like a Chinese lantern. Inside are bittersweet juicy berries that are opaque and golden in color.



Types of Berries!

STRAWBERRIES

Strawberry plants are handpicked every three days. This is the time required for a strawberry to change its color from white to red. Originally, strawberries were known as heart-seed berries and eaten with cornmeal bread. The English and the French used strawberries to landscape their gardens. In the 14th century. Strawberries have since long been associated with love.



CRANBERRIES

Cranberries are ingredients in more than 1,000 food and beverage products. Good, ripe cranberries will bounce. Bounceberry is another name for them. Small pockets of air inside the berry cause it to bounce. Air also causes berries to float in water. Cranberries grow on low-running vines in sandy bogs and marshes. Because they float, some bogs are flooded when the fruit is ready for harvesting.

