

BERRIES: DID YOU KNOW?

- Strawberries have more vitamin C per serving than an orange.
- Raspberries can be found in assorted colors including gold, black and purple, but red raspberries are the most common.
- Technically, the blackberry is a drupelet, of a cluster of fruits, like a bunch of grapes.
- Anthocyanins, flavonoids thought to help protect our brains, give blackberries their glossy, dark color.
- Blueberries don't have as much vitamin C as other berries but are packed with other phytonutrients.
- To ensure your berries stay fresh, keep them dry and only wash right before you eat them.

