



Katelyn Parsons <katelyn@mfbf.net>

Enjoy Your Local Raspberries!

1 message

Massachusetts Farm Bureau Federation <info@mfbf.net>

Tue, Aug 28, 2018 at 5:01 AM

Reply-To: info@mfbf.net

To: katelyn@mfbf.net



Enjoy Your Local Raspberries This Month!

Some Facts You Didn't Know

- One plant produces few hundred raspberries per year.
- Raspberries can be red, purple, golden and black in color, depending on the variety.
- Each raspberry consists of around 100 individual tiny fruits, called drupelets, filled with one seed.
- Raspberry produces flowers during the second year.
- Raspberry has compound leaves composed of 5 to 7 oval leaflets with toothed edges.
- During the first year of life, raspberry develops one stem which grows 5 to 8 feet in height.



- Phytonutrients from the raspberries can be effective in treatment of the high blood pressure and inflammation of the joints.
- Root of raspberry can survive up to 10 years.
- Russia is the greatest manufacturer of raspberries in the world. It produces 125.000 tons of raspberries per year.
- Raspberries are excellent source of dietary fibers, vitamins C, E and B9 (folic acid) and minerals such as manganese and magnesium

Where to find locally grown raspberries

To find a local raspberry grower near you, please visit: <https://massnrc.org/farmlocator/map.aspx>.

Recipe: Raspberry Almond Overnight Oats

Ingredients

- ½ cup rolled oats
- ½ coconut milk, plus a little extra
- ½ cup frozen raspberries
- 1 teaspoon chia seeds
- 3 teaspoons pure maple syrup
- 1 tablespoon sliced almonds

Instructions

1. Place rolled oats, coconut milk, raspberries, chia seeds, and 2 teaspoons maple syrup in a pint size mason jar container. Stir until everything is mixed together and oats are covered in liquid.
2. Place top on and store in the refrigerator overnight, 5-8 hours.
3. In the morning, stir in extra coconut milk to loosen up the oats up and to get the consistency you like.
4. Stir in almonds and serve.



Recipe from: <https://www.organizeyourselfskinny.com/2014/11/12/raspberry-almond-overnight-oats/>.

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For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

Massachusetts Farm Bureau Federation, Inc, [249 Lakeside Ave, Marlborough, MA 01752](http://www.mfbf.net)

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