

Berries –Teacher Guide

Objective: To provide information on how to select and store berries and ways to add more berries to meal plans.

Sample ANCHOR questions for participants:

“What kinds of berries does your family like to eat?”

“What kinds of things influence your choice of berries?”

“What kinds of things influence your choice of berries for your family?”

“Where do you buy most of your berries?”

If participants do not suggest topics they would like to learn about during your discussion involving the ANCHOR questions you may want to ask:

“What kind of information on berries would be useful to you or your family?”

Background Information - Choose the appropriate information below to **ADD** to your lesson.

Ask participants: **“When you pick berries or buy them fresh from the grocery store how can you tell if the berries are ripe and fresh?”**

Raspberries- They come in colors of black, red, gold and purple. Difficult to pack when ripe because they are easily crushed

Cranberries- Avoid squashed fruit. Berries should be firm and red, not dark red. Fresh fruit floats when in water.

Blackberries- When ripe they are soft not soggy. They should be black, unripe is red.

Blueberries- Avoid shriveled, green and shiny berries. Ripe fruit will be firm and dull in color.

Gooseberries- They are usually green and may have a tint of pinkish-red color.

Strawberries- Should be uniformly red in color and firm. They should have a faint strawberry odor. White parts are unripe and not flavorful. Berries will not ripen after picked. Green caps should be attached

Storing Berries

Raspberries- Refrigerate and use within several days or freeze.

Blackberries- Store in the refrigerator and use within several days or freeze.

Blueberries- Store for 10-14 days in refrigerator or freeze.

Strawberries- Store for several days in refrigerator or freeze.

Cranberries- Remove bad berries first then store in refrigerator for weeks to a couple of months.

Freezing Berries

Share with your participants how to freeze berries. Gently rinse berries in water before freezing. Allow berries to drain thoroughly. Place berries in a single layer

on a cookie sheet and freeze. When frozen, remove berries from cookie sheet and place in containers or freezer bags and store in freezer.

Activities - (APPLY)

1. Ask participants: "**What are some different ways you serve berries?**"
Have participants share with each other ideas and tips on ways to serve berries.
 - Toss on top of your favorite cereal, pancakes or waffles
 - Blend for dressings or dessert toppings
 - Toss into fruit or green salads
 - Eat plain for a snack
 - Use as toppings for cakes, ice milk or frozen yogurt
 - Add to nonfat or low fat yogurt and cottage cheese
 - Make berry sauces for meats
2. "**Taste-Testing Berry Panel**" You may set up your own display of different kinds of berries. Let participants sample different berries or make a recipe with berries.
3. **Handout:** "Berry Scramble"

AWAY - Handout: "Berry Good Recipes"

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