

RASPBERRIES



The raspberry, a member of the rose family, is composed of many connecting drupelets (individual sections of fruit, each with its own seed) surrounding a central core. There are more than 200 species of raspberries in the world. In North America, cultivated raspberries originated from two groups: red raspberries, native to Europe, and wild ones native to North America. Raspberries grow best in areas of the United States that have cool summer, mild winters, and rain-free harvesting season. That's why about 90% of all raspberries are grown in Oregon, Washington, and California. Raspberries are a great source of vitamin C, containing 40% of a person's daily requirement.