

“Un-Berried” Secrets

Tips about berries

Eat **blueberries and blackberries** whenever possible. During the summer berry season, go crazy with fresh berries.

Here’s a couple of interesting facts about blueberries:

- Cooking, canning and freezing preserve if not increase their nutritional value.
- Frozen berries are a good nutritional option. Thaw them and consume them quickly.

I actually throw a handful of frozen berries into my cooked cereal each morning.

Strawberries and raspberries are also rich in vitamins and phytonutrients.

- Eat fresh strawberries and raspberries within a few days of purchasing them.
- Storing them on the counter can actually increase their nutritional value.
- Frozen strawberries are also an excellent choice. Thaw them in the microwave to preserve even more nutrients.

** Information Source: Jo Robinson, “Cooking on the Wild Side.”*