



Raspberry Buttermilk Muffins

2 cups of all-purpose flour

1/2 cup of sugar

2 tsp baking powder

1 tsp salt

6 tbsp butter

1 egg, beaten

1 cup of buttermilk

1 cup of fresh raspberries

Combine flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Add egg and buttermilk; mix just until dry ingredients are moistened. Fold in berries. Fill greased or paper-lined muffin cups two-thirds full. Bake at 400°F for 20 minutes or until browned.



Raspberry Vinaigrette Dressing

1/2 cup of fresh raspberries

1/4 cup of apple cider vinegar

1/4 cup of balsamic vinegar

2 tsp sugar

1 tbsp dijon mustard

1/4 cup of vegetable oil

Add all ingredients, except oil to a blender or food processor and puree until smooth. Slowly add oil until well combined.



For more information visit...

3BirdsBerryFarm.com or

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BerryFarm

Enjoy Your Raspberries!



Tips and Tricks

Nutrition Information

Recipes and Uses





The Basics of Raspberries

Raspberries are delicious berries full of nutrition! They're only 63 calories a cup and they contain many vitamins such as Vitamin C, A, and E. There are also many minerals found in raspberries. These include copper, potassium, manganese, and iron. They even have phytonutrients and antioxidants, which are known to help protect against cancer. It is also believed that raspberries can help prevent obesity and manage blood sugar!

Follow these tips and tricks to ensure you get the most taste and nutrition from your raspberries

Picking: Select plump, firm, fully red berries (or yellow or purple)

unripe berries will not ripen once picked, when ripe, they separate easily from the core. If you must pull hard to remove the berry or it remains attached to its core, it is not ripe!

Care: Don't wash berries until you are ready to eat them, as they can get mushy. Refrigerate immediately. Consume as soon as possible to avoid spoilage.

Freezing: to keep berries longer consider freezing them for later enjoyment. Spread unwashed berries one layer deep on a sheet pan and freeze. Transfer them to container in freezer. Do this until All your berries are frozen.



Raspberry Freezer Jam

3 cups of crushed raspberries (about 6 cups of fresh raspberries)

5 1/4 cup of sugar

3/4 cup of water

1 box of SURE-JELL fruit pectin

Rinse clean plastic containers and lids with boiling water. Dry thoroughly. Crush raspberries thoroughly, one layer at a time. Measure exactly 3 cups crushed raspberries into large bowl. Stir in sugar. Let stand 10 min., stirring occasionally. Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Continue boiling and stirring 1 min. Add to fruit mixture; stir 3 min. or until sugar is almost dissolved and no longer grainy. Fill containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or freeze extra containers up to 1 year.

No Recipe Needed...

Try Your Berry These Ways:

- on top of hot or cold cereal
- With yogurt and granola
- In fruit salad
- As a dessert topping
- Eat them plain, fresh, or frozen