



# Rosey Raspberries

# Where do my raspberries come from?



Raspberries are soft, delicate little berries that grow on a thorny bush which looks a little bit like a climbing rose. **In fact, raspberries are members of the same plant family as roses!**

Like most fruits and vegetables, raspberries are a rich source of Vitamin C, which is a powerful antioxidant. But, where they really shine is in their dietary fibre content – **fresh raspberries contain 6% fibre!** This is amazing for such a tiny fruit. They are also not overly sweet, which keeps their Glycemic Index low. They are a great choice for a healthy snack.

When raspberries are in season, you will find them in the fresh produce section of the supermarket alongside blueberries and strawberries. They are also sometimes available in the supermarket freezer. This is a great way to enjoy them, and their nutritional benefits, all year round.

Over the years, the most well known 'Red Raspberry' has been cross-bred with other kinds of raspberries, with different flavours and colours, to make new species such as 'Loganberries' and 'Boysenberries'. Have you ever tasted boysenberry ice cream? Yum!



**The flowers of the raspberry bush are very tasty for bees and other pollinating insects.** Birds also enjoy eating the fruit, which helps the raspberry plant spread quickly to surrounding areas. The raspberry bush grows easily in the right soil and a sunny climate. It is very cheeky and tends to take over your garden if you don't keep an eye on it!

## Quiz

1. True or False: The raspberry is a member of the same plant family as roses?
2. What percentage of dietary fibre do raspberries contain?
3. The flowers of the raspberry bush are very tasty for \_\_\_\_\_ .