FREEZING LOCAL RASPBERRIES

- **Preparation:** Harvest fully ripe, firm, well-colored berries. Remove those that are immature or defective. Wash and drain.
- **Dry Pack:** Pack raspberries into containers, leaving 1/2-inch headspace. Raspberries can also be frozen first on a tray and then packed into containers as soon as they are frozen. Seal and freeze.

Additional Raspberry Recipes

- Raspberries over Oatmeal, Cereal, Pancakes, French Toast, Waffles, Angel Food Cake, Pound Cake, or Ice Cream
- Raspberry Smoothie (add any kind of fruit)
- Raspberry Coffee Cake, Cheesecake, Crisp, or Bars
- Raspberry Sauce on Chicken, Pork, or Fish
- Raspberry Gelatin Salad, Spinach Salad, Cold Soup
- Raspberry Jam, Butter
- Raspberry Vinaigrette
- Raspberry Lemonade, Wine

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**Northern Iowa Food and Farm Partnership**

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Raspberry Vendors in the Greater Cedar Valley Area

- Bagge Strawberries: Independence, (319) 334-3983
- Heartland Farms: Waterloo, (319) 232-3779
- Hershey Family Nursery: Ackley, (319) 347-2731
- Jefferson Greenhouse & Orchard: Dunkerton, (319) 822-4239
- Keller Berry Farm: Toledo, (641) 484-0802
- Log Cabin Produce: Orchard, (641) 982-4866
- Meow Acres: Grundy Center, (319) 824-6075
- Some farms feature U-Pick opportunities!
- Call in advance to ensure raspberry availability and hours of operation.

Tel: (319) 273-7883
Raspberry Buttermilk Muffins

- Prep: 15 min.
- Bake: 25 min.
- 2 cups all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 6 tablespoons cold butter, cubed
- 1 egg, lightly beaten
- 1 cup buttermilk
- 1 cup fresh or frozen raspberries

In a bowl, combine the 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° for 25 minutes or until browned.

Yield: 12-15 muffins.

Editor's Note: Frozen berries may be used if thawed and well drained.

Fresh Raspberry Pie

- Prep: 25 min. + chilling
- 4 cups fresh raspberries, divided
- 1/3 cup water
- 3/4 cup sugar
- 7-1/2 teaspoons cornstarch
- Dash salt
- 1 pastry shell (9 inches), baked

Optional: Whipped cream

In a small saucepan, crush 1 cup of berries. Add water; simmer for 3 minutes. Strain, reserving juice; discard pulp and seeds. Add enough water to juice to measure 1 cup liquid. In a large saucepan, combine the sugar, cornstarch and salt. Slowly stir in raspberry liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; cool slightly.

Place remaining raspberries in pastry shell; pour glaze over top. Refrigerate for 2-3 hours or until set. Serve with whipped cream if desired.

Yield: 6-8 servings.

Raspberry Sauce

- Prep/Total Time: 15 min.
- 2/3 cup sugar
- 4 teaspoons cornstarch
- 1/4 cup water

Cover and freeze for 1 hour or until edges begin to firm. Stir and return to freezer. Freeze 1-1/2 hours longer or until firm. Remove from the freezer 15 minutes before serving.

Yield: 2 servings.

Raspberry Tossed Salad

- Prep/Total Time: 15 min.
- 9 cups torn mixed salad greens
- 3 cups fresh or frozen unsweetened raspberries
- 2 tablespoons olive oil
- 2 tablespoons cider vinegar
- 4 teaspoons sugar
- 1/8 teaspoon salt
- Dash pepper

In a large salad bowl, gently combine the salad greens and 2-3/4 cups raspberries. Mash the remaining berries; strain, reserving juice and discarding seeds. In a small bowl, whisk the raspberry juice, oil, vinegar, sugar, salt and pepper. Drizzle over salad; gently toss to coat.

Yield: 12 servings.

Fresh Raspberries: Beginning of July through Mid-October