

Have a Berry Special Day!

Mixed berries are popular **super foods**. What makes them so super? They are packed with vital nutrients, such as **antioxidants**, that are important for good health. Examples of berries include blueberries, blackberries, raspberries, and strawberries.

Blueberries are **perennial, deciduous shrubs**. They are commonly grown as free standing shrubs. When the berry is a deep

blue color they are carefully hand-picked and rushed to nearby packing houses and then delivered fresh to the grocery store.

Blueberries are an excellent source of antioxidants!

Blackberry and **raspberry** plants start flowering in the spring and berries ripen in the summer. Some varieties are vine-like and are grown on trellises. When ready for harvest the blackberry will have a solid center while the raspberry is hollow.

Commercially, **strawberries** grow on plastic covered beds, close to the ground. On average, it takes 30 days for the fruit to ripen before being picked. When the strawberries are ready to be harvested they are hand-picked, placed in **clamshells** or other packaging, transported to a cooler, and delivered to stores or restaurants.

Activity

Match the berries below to how they are grown and what they look like.

How they are grown	Type of Berry	What it looks like
	Strawberry	
	Blueberry	
	Blackberry	
	Raspberry	

Standards: ELA: Grade 3: Reading 2.1, 2.3, 2.6; Grade 4: Reading 2.2; Grade 5: Reading 2.1; Grade 6: Reading 2.1

A bramble is a plant belonging to the genus **Rubus**, and includes raspberries, blackberries, and hybrids such as boysenberries.

The strawberry got its name in the 19th century when children strung the berries onto straw and offered them for sale. Hence the name straw-ber-ry.

Activity

You and your family visit a local U-pick farm to pick fresh berries. They have three varieties in season: raspberries, blueberries, and strawberries. The raspberries and blueberries are \$3.25 per pound and strawberries are \$2.99 per pound. Calculate the cost of purchasing $\frac{1}{2}$ a pound of raspberries, $\frac{1}{4}$ pound of blueberries, and $1\frac{3}{4}$ pounds of strawberries. Round to the nearest cent.

Standards: Mathematics – Grade 3: Number Sense (NS) 3.3, 3.4, Algebra and Functions 2.1, Mathematical Reasoning (MR) 1.0; Grade 4: NS 1.3, 1.5, MR 1.2; Grade 5: NS 2.4, 2.5, MR 1.0; Grade 6: NS 2.3, 2.4, MR 1.0; Grade 7: NS 1.2, MR 1.0

Sources: Highbush Berry Council www.blueberry.org, California Strawberry Commission www.calstrawberry.org, Network for a Healthy California Harvest of the Month www.harvestthemonth.com

Did You Know?