

Raspberries

Rubus idaeus L.

Raspberry fruits are indescribably delicious. Try them fresh, frozen, or canned. Use fresh berries in pies, breads, cakes, puddings, sauces, and jellies.

Habitat:

Raspberries are found in fields and thickets from central Alaska and the northern Yukon.

Harvest Calendar:

Flowers bloom in June and July, and berries ripen late July through the end of August.

Wild Raspberry Fruit Leather:

- 2 cups wild raspberry puree
- 2 tablespoons honey

Combine puree and honey. Line a cookie sheet with plastic wrap. Spread puree mixture evenly over plastic, about 1/8 to 1/4 inch thick. Do not push it completely to the sides of the cookie sheet. Oven dry at 140° F for approximately 6 hours, leaving oven door slightly open so moisture can escape. If drying in a dehydrator, follow manufacturer's direction for fruit leathers.

Resources: UAF Cooperative Extension Service



Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com



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