



Salmonberries

Rubus spectabilis

Salmonberries can be eaten fresh, frozen, or canned. Use fresh berries in pies, breads, cakes, puddings, sauces, and jellies.

Habitat:

Thickets of salmonberries and thimbleberries are common in moist woods and lower mountainous regions, and along roadsides.

Harvest Calendar:

Late spring; end of June to end of summer July.

Healthy Agutak:

- 1 quart salmonberries
- 1 quart blackberries
- 1 quart raspberries
- 1 quart cranberries
- 1 cup fat-free whipped topping
- 1 package vanilla, sugar-free instant pudding
- 1 cup skim milk

Make instant pudding with skim milk, following directions on package, and set aside. In a large bowl, mash cranberries. Add salmonberries, blackberries, raspberries, and stir in instant vanilla pudding. Fold in frozen whip topping. Serve cold.

Resources: UAF Cooperative Extension Service

