

# EVERYTHING YOU NEED TO KNOW ABOUT Berries

Bright, juicy and bursting with flavour, berries are the crown jewels of Canadian cuisine. This guide to handling, storing and enjoying fresh berries will help you make the most of their short growing season. For maximum flavour, always allow berries to come to room temperature before using.

## Blackberries

### TASTE

Honeyed and slightly sour

### TEXTURE

Slightly firm, with tiny, crunchy seeds

### HANDLING & STORAGE



### TRY

- Preserves: Make blackberry jam or jelly with fresh basil
- Salad: Toss fresh blackberries with greens and feta in a citrus vinaigrette



## Blueberries

### TASTE

Candy-like and mildly tart

### TEXTURE

Soft and juicy, with a crunch when just ripe

### HANDLING & STORAGE



### TRY

- Baked goods: Add 1 tbsp (15 mL) lemon zest to homemade blueberry muffins or scones
- Sweet snacks: Toss dried blueberries into trail mix or homemade chocolate bark



## Cranberries

### TASTE

Very tart, with lime-like sourness

### TEXTURE

Crisp, meaty and firm

### HANDLING & STORAGE



### TRY

- Holiday sauce: Boil with maple syrup, orange zest and ginger for topping turkey
- Side dish: Roast with a sprinkle of sugar, herbs and olive oil; stir into rice pilaf



## Gooseberries

### TASTE

Tart when green; grape-like when yellow or red

### TEXTURE

Firm yet juicy

### HANDLING & STORAGE



### TRY

- Frozen dessert: Pair gooseberries with raspberries in sorbet or semifreddo; reserve a whole gooseberry, with its husk on, for a beautiful garnish
- Salsa: Add 1 cup (250 mL) chopped gooseberries to your favourite salsa recipe



## Ground Cherries

### TASTE

Slightly tropical; not true cherries—a relative of the tomatillo

### TEXTURE

Meaty yet juicy, with soft, tiny seeds

### HANDLING & STORAGE



### TRY

- Appetizer: Add ground cherries to any cheeseboard
- Bruschetta: Make a sweet topping with ground cherries, grape tomatoes, garlic, herbs and olive oil



## Raspberries

### TASTE

Tangy and sour, with nectar-like sweetness

### TEXTURE

Soft and juicy; tiny seeds add a pleasant crunch

### HANDLING & STORAGE



### TRY

- Dessert sauce: Purée fresh or thawed raspberries, adding sugar or maple syrup as needed
- Smoothie: Blend fresh or frozen raspberries with vanilla yogurt and grated fresh ginger



## Saskatoon Berries

### TASTE

Slightly floral, with almond undertones

### TEXTURE

Plump and juicy

### HANDLING & STORAGE



### TRY

- Biscuits: Toss berries with 1 tsp (5 mL) each sugar and cinnamon, and add to biscuit dough or bannock
- Savoury sauce: Stew saskatoon berries, season with salt and pepper, and serve over chicken or fish



## Strawberries

### TASTE

Sweet, acidic and slightly tart

### TEXTURE

Soft and supple

### HANDLING & STORAGE



### TRY

- Quick snack: Sprinkle strawberries with sugar, black pepper and a dash of balsamic vinegar
- Pasta sauce: Toss overripe strawberries into tomato sauce with ½ tsp (2 mL) red pepper flakes



### LEGEND

## How to Handle & Store Your Berries



Refrigerate whole; remove outer plant (stem, flower end or husk) just before use



Store in shallow, airtight container



Place in a paper bag



Stay fresh for about three days when stored properly



Keep for up to one month when stored properly



Refrigerate



Rinse just before use and pat dry (berries absorb water easily)