

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

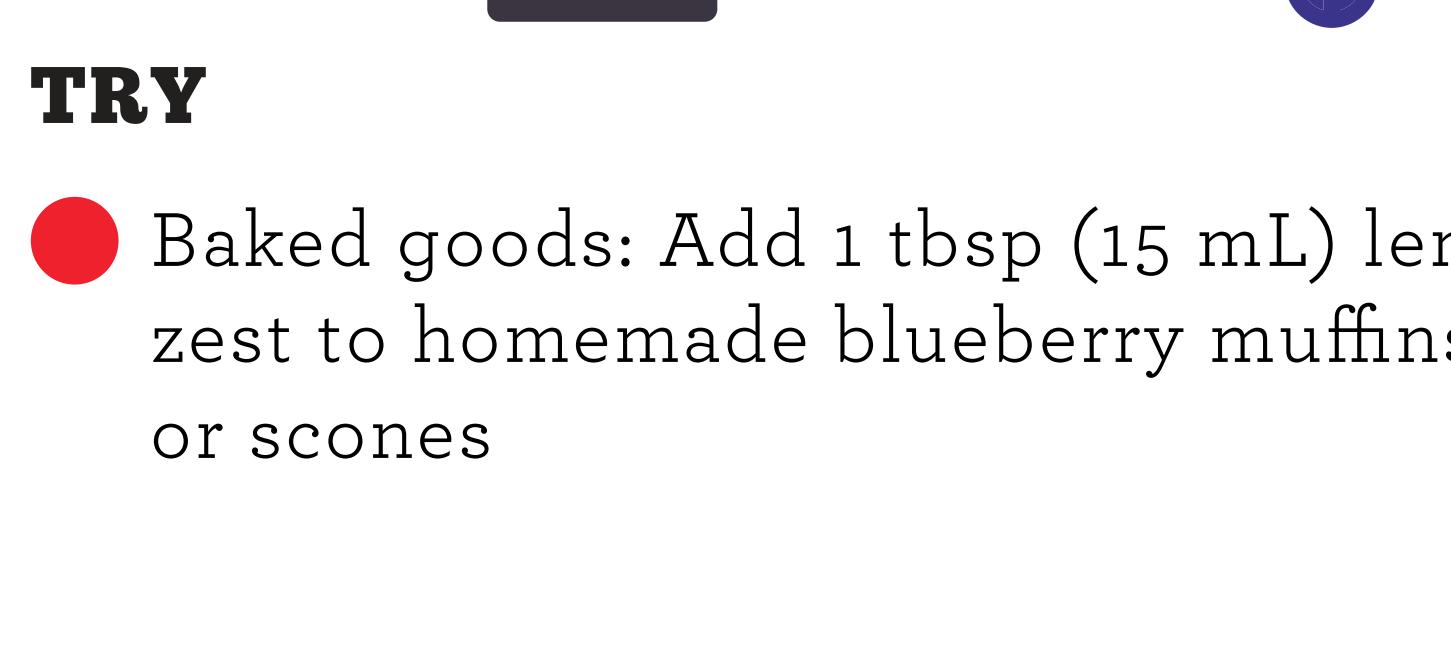
TASTE

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

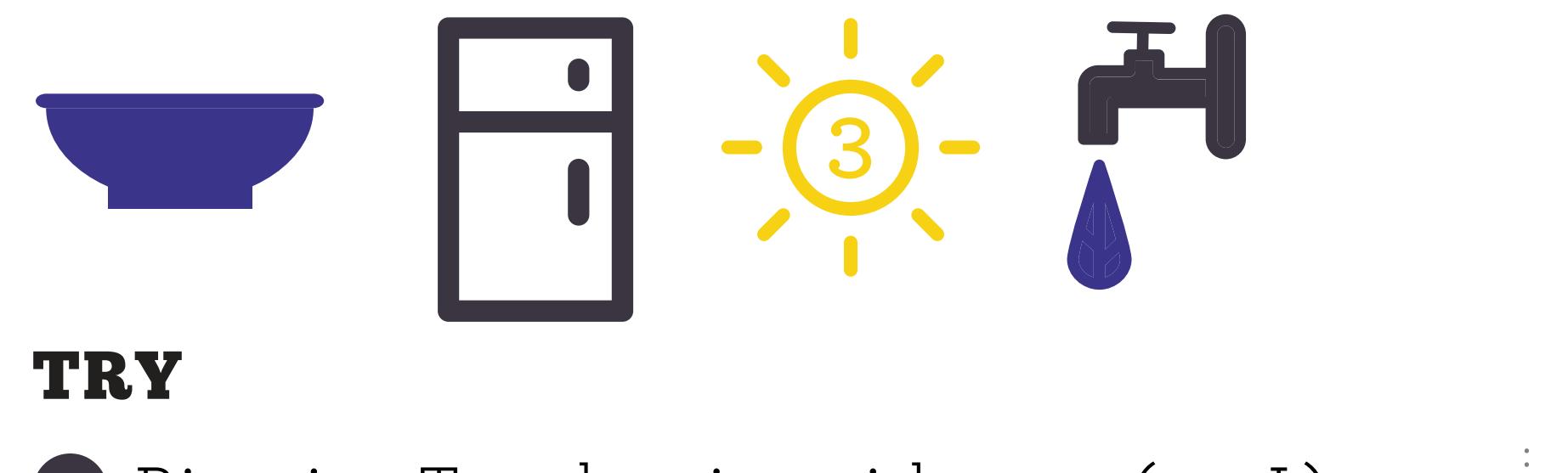
TASTE

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

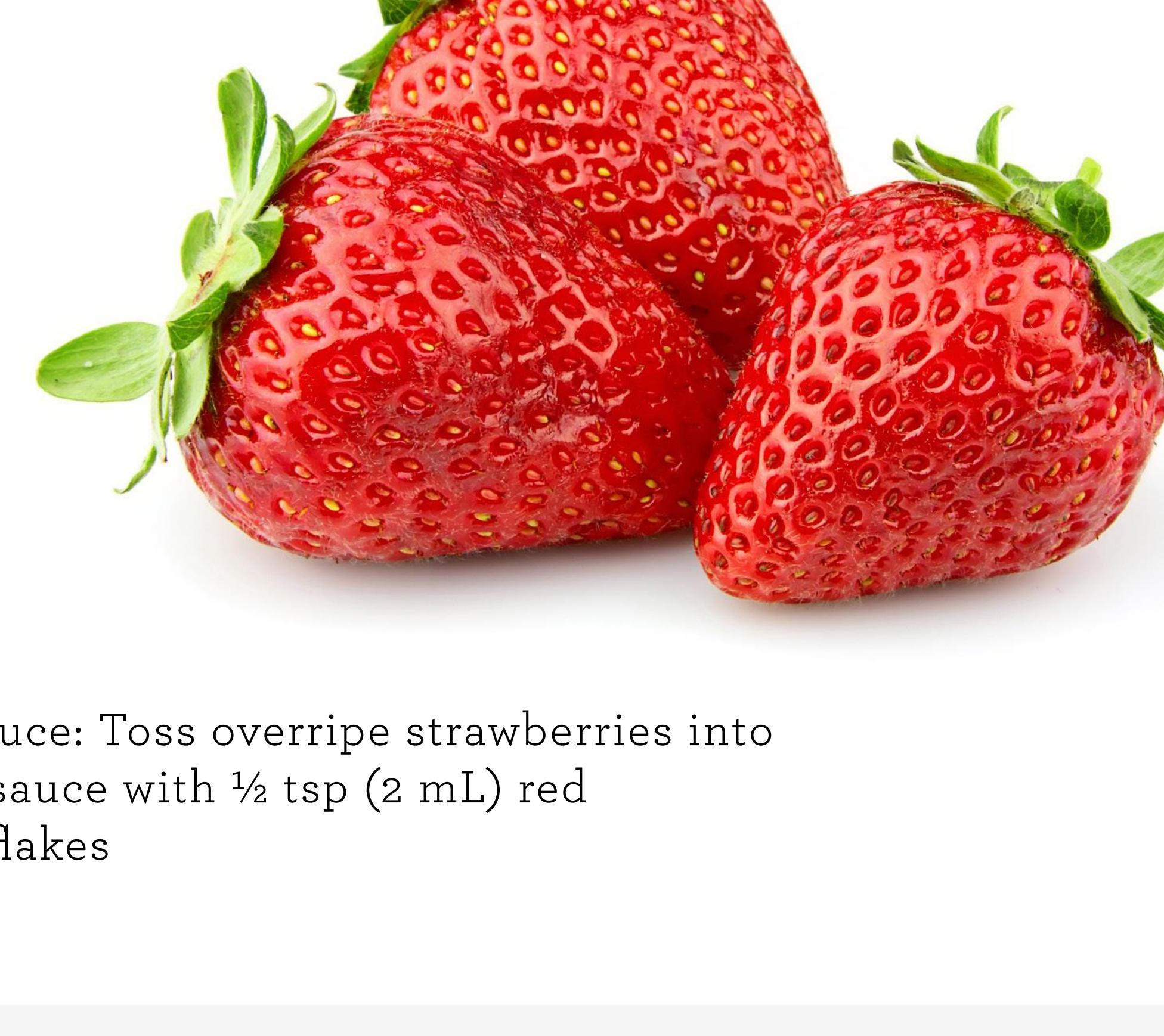
Meaty yet juicy, with soft, tiny seeds

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

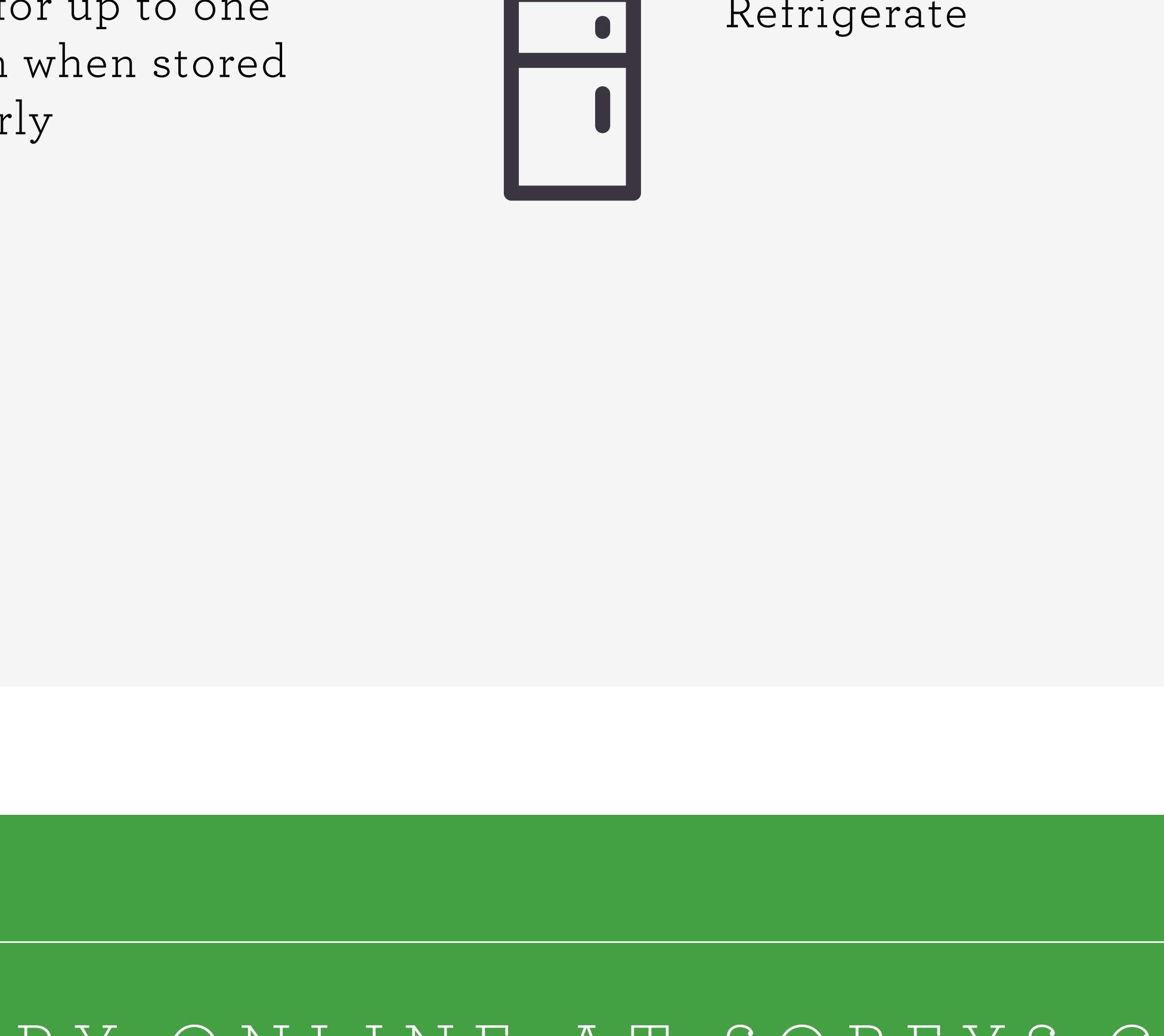
Soft and juicy; tiny seeds add a pleasant crunch

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 $\frac{1}{2}$ tsp (2 mL) red pepper flakes

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

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

Refrigerate