

Oregon Black Raspberries

OREGON
RASPBERRY
AND
BLACKBERRY
COMMISSION



Black Raspberries

- ◆ Fresh season typically July 1st through July 21st
- ◆ A small (2.0g) blue-black berry with a small seed
- ◆ Also known as “Blackcaps”
- ◆ Native to North America
- ◆ Extremely dark pigment allows black raspberries to be used as a coloring agent. The USDA stamp on meat was made with black raspberry dye for many years.

Health Benefits

- ◆ The king of berries in terms of health benefits.
- ◆ Have extremely high overall level of phenolic compounds compared to other berries. Phenolic compounds such as ellagic acid, gallic acid and rutin contribute to the healthful benefits of black raspberries.
- ◆ Contain high levels of anthocyanins, which give black raspberries their rich, dark color. Anthocyanins work as antioxidants to help fight free radical damage in the body. The anthocyanin level of black raspberries is 214-589 mg/100g.
- ◆ Antioxidant levels of foods are sometimes measured as ORAC (oxygen radical absorption capacity). The ORAC level of black raspberries is 77 μ moles/TE/g, about three times higher than blueberries, a very powerful antioxidant.
- ◆ Rich in ellagic acid. Ellagic acid is a phenolic compound known as a potent anti-carcinogen, anti-viral and anti-bacterial. The ellagic acid level of black raspberries is 5.37 mg/g of dry weight.
- ◆ University studies are underway to determine black raspberries’ ability to slow the growth of certain cancers. In vitro studies have shown that extracts of raspberries and blackberries may slow the growth of breast, cervical, colon and esophageal cancers.
- ◆ Studies at Ohio State University showed a 60 –80 % reduction in colon tumors in rats fed a diet with black raspberries added.
- ◆ Studies at Ohio State University showed an 80% reduction in esophageal cancers in mice fed a 5-10% diet of black raspberries
- ◆ Scientists from Ohio State are now conducting human clinical trials into the effects of black raspberries on colon and esophageal cancer in humans.
- ◆ Black raspberries continue to generate a high level of interest from research scientists due to their potent antioxidant and anti-cancer properties.

Nutritional Information

Amount in 100g IQF Black Raspberries

Calories	72.54
Total fat	.14 g
Protein	1.35 g
Dietary Fiber	1.68 g
Vitamin A	38.00IU
Vitamin C	2.36mg
Calcium	32.00mg
Cholesterol	0.00



Recipe

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Black Raspberry Cobbler

Serves 6 - 8

2 1/2 cups black raspberries
2/3 cup sugar
1 1/2 cups flour
1 tablespoon baking powder
1/2 teaspoon salt
8 tablespoons (1 stick) plus 2 tablespoons unsalted butter
1/2 cup heavy cream

Preheat oven to 350 degrees.

Butter an 8x8 inch shallow baking dish. Place black raspberries in the dish and sprinkle with 1/3 cup of sugar.

In the bowl of a food processor combine flour, baking powder and salt. Add the stick of butter in pieces and pulse to create a lumpy mixture. Add cream and pulse until dough forms. Dough will be soft and sticky like a biscuit, if need be add a splash more of cream. Spoon dough over black raspberries.

Melt remaining 2 tablespoons butter and drizzle over the mounds of dough. Sprinkle with remaining 1/3 cup sugar.

Bake about 30 to 40 minutes or until dough and fruit are cooked through and dough is lightly browned.

Serve with whipped sweetened cream.

