

Harvest of the Month



Network for a Healthy California

Golden Raspberry



Harvest of the Month is sponsored by



The team at First Rain Farm

Did you Know?

- Golden raspberries tend to have a sweeter, milder flavor than red raspberries.
- They are a good source of vitamins B and C, folic acid, copper, iron, antioxidants, and dietary fiber.
- Raspberries have the highest concentration of antioxidants of any fruit.
- Blackberries and raspberries are a member of the rose family.
- Believed to be native to Asia, wild raspberries have been eaten since prehistoric times.
- California leads the nation in production of fresh raspberries.
- In Northern California, raspberries are harvested during May and September/October.

These golden raspberries were grown just outside of Nevada City at First Rain Farm! First Rain Farm is a no-till, certified organic farm. They strive to steward all the land on the farm, in all its diversity. They use animals and composting to improve the soil which then nourishes the crops. They grow a very large variety of fruits and vegetables, including blueberries, blackberries, greens, peppers, tomatoes and potatoes. You can buy the food they grow on site at their farm, at the Nevada City Farmers Market, and at BriarPatch Food Co-op. Their produce is also featured at eight local restaurants including Three Forks Bakery and Brewery, Heartwood, and Twelve 28 Kitchen.



Raspberries can be found in four colors: **gold**, **black**, **purple**, & **red**. Isn't the diversity of Nature beautiful? (and delicious!)



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food: C4Yourself.com

