

WHY WASHINGTON RED RAZZ

Bursting with a sweet-tart flavor and vibrant red color, Washington Red Raspberries are among the most widely enjoyed berries in the United States. While growing and nurturing this delicate fruit is a 12-month operation, the intense summer harvest season lasts only a few weeks. The best way to enjoy this summer sensation year-round is from the freezer.

WHY FROZEN WASHINGTON RED RASPBERRIES?

Grown by American farmers in the cool marine climate of the Pacific Northwest and picked at peak ripeness, Washington Red Raspberries are frozen within hours of harvest—often on the same farm as they were grown. Only the highest quality raspberries are selected for freezing, and the gentle flash-freezing process maintains the fruit's flavor and nutrition



"The benefit of using IQF raspberries is that you get a lot of bang for your buck! You get that vibrant red color and sweet-tart flavor. While it may be a bit more expensive, it's 100% worth it."

Chef Garrett Berdan

"It's really important to know that they are picked and frozen within hours. The frozen red raspberries are picked at the perfect time, so the flavor is just so intense and sweet. They are so easy to work with."

Chef Rebecca Polson

"Frozen red raspberries are a high-quality food item that is very user-friendly. Incorporating frozen red raspberries allows our students to expand their palates, but also offers something they feel comfortable with."

Chef Samantha Cowens Gasbarro

"If you wish to hold the integrity of the shape of the raspberry, you should keep them frozen until ready to use."

Chef Garrett Berdan

"You can thaw frozen red raspberries in the refrigerator overnight if adding them to sauces or dips. It is important to standardize your recipes and only thaw the quantities you need to eliminate food waste. It's good to have a plan in place for this reason!"

Chef Samantha Cowens Gasbarro

JUST THE FACTS - NUTRITION FACTS

Red raspberries deliver nutrients and health benefits naturally.

	Raspberries, frozen, unsweetened	Raspberry puree, seedless
Serving size	½ cup	½ cup
Weight	70 grams	116 grams
Calories	40	48 grams
Protein	0.8 grams	1.2 grams
Total fat	0.6 g rams	1.0 grams
Carbohydrates	8.8 grams	9.3 grams
Fiber, dietary	3.0 grams	1.0 grams
Sugars, total	4.6 grams	7.0 grams
Calcium	17 milligrams	6.2 milligrams
Iron	0.5 milligrams	1.3 milligrams
Sodium	3 milligrams	4 milligrams
Vitamin C	13 milligrams	7.4 milligrams