



Zion Farmers Market KidCraft

Berry Paintings



Looking for a way to inject some fun into snack time? Get artistic with your food, and create some fun berry paintings. It's all right to play with your food in this sweet summer activity!

Berry painting is a great activity for children who are old enough to eat berries —preschoolers and older will also enjoy making art with berries. You can use fresh berries in the summer, or frozen berries any time of year. (And if you have any berry farms nearby, may we suggest taking your kiddos to pick berries this summer? It's a great activity for little ones — they get to eat while they pick, help contribute to the family food, and see where berries come from.)

Berry juice makes a pretty, translucent paint, similar to watercolor.

Supplies

Paper: card stock, watercolor paper, or plain white paper
Berries, frozen or fresh: Blueberries, raspberries, blackberries, etc.
(Optional): A plastic tablecloth or newspaper to cover your work surface
(Optional): Smock or old t-shirt

Instructions

If the child uses a highchair, just put the paper down on the highchair tray. If not, protect work surface with newspaper or a plastic tablecloth.

Give child a piece of paper. Card stock in white or light colors are a good choice, or textured watercolor paper makes a great surface. You can also use plain white copy paper.

Bring on the berries: Put a pile of berries (fresh or frozen) directly on the paper.

As child eats the berries, the juice (and her fingers!) will transfer berry juice to the paper surface, creating a pretty painting.

Older children can hold a berry (especially a sturdy berry like a frozen blueberry) like a crayon and "draw" with it.



Children can also finger paint with the berry juice.

Don't forget to eat some berries while you're painting!



Once the painting is complete, allow the juice to dry. Then put your new abstract art into a frame!

Now you have a great new abstract art piece, made by your kiddo!

Raspberry Facts for Kids

And raspberries to you too!

We know you made that rude noise associated with our name as you waited to make contact with our site - everybody does. Did you know it was actually the strawberries that started that off. They were so jealous of us because we were given the name 'King of the Berries' that they started to make that rude noise whenever our backs were turned - and so it became known as a

raspberry. It's not fair is it? Anyway, now that you're here, let me tell you why we've been given the 'royal' title.

It's true that we are berries like strawberries and blackberries, but we have distinctive characteristics of our own. We're about $\frac{3}{4}$ to 1 inch long, cylinder-shaped, with deep red coloring and a sweet flavour. We have varieties in North America which are black or yellow in color, but in the main we're ruby red. We actually consist of a collection of tiny fruits, each with its own seed covered in red skin and flesh, which form a helmet-shaped cluster around a small stem. When harvested the cluster comes away from the stem leaving a hollow in the centre.

Availability

We're available from September to April with our best value being from December to February.

Did you know?

- We originated from a wild red berry that is native of Europe, Scandinavia and northeast Asia
- We're a member of the rose family.

Varieties

We're sold by color not variety.

Why Raspberries Are Good To Eat

- You can't really see our fibre, but our tiny seeds are a great source of dietary fiber
- We're an excellent source of vitamin C.
- We also contribute some folate and vitamin E.
- We sometimes have a bit less natural sugar than some other fruits and so we're often served sprinkled with a tiny bit of extra sugar to bring out our flavour. When we're really ripe, we sweet enough all by ourselves.

How They are Grown and Harvested

Our parent plant is small, deciduous, with slightly prickly, erect or arched stems (or canes) up to 3-4 feet long. The leaf consists of 3-5 small leaflets which are attached along the main leaf stem. Each leaf is green, oval with saw-like edges and a white downy underside.

It's a perennial plant with roots that can live for up to 10 years. During the first year of growth a cane will produce no fruit. In its second year it will flower, produce berries, then die off before producing new canes. It needs a cool climate with little rain to produce quality berries. It can grow in most soil types providing the ground is not too wet ***but it does need to be sheltered from the wind. We're picked by hand when ripe.***

Choosing Raspberries

Select those of us that are plump and brightly colored.

How to Keep Raspberries

Remove us from the punnet. Place us unwashed on paper towel on a plate. Cover with plastic and store in refrigerator. We're highly perishable. Use as soon as possible.

History of Raspberries

We're native to most European countries. Over time, our wild ancestors were brought into gardens and from these plants superior strains were selected and cultivated into the plants we are today.

Raspberries were cultivated in England in the mid 16th century but, as in many other countries, people still like to harvest wild berries. The development of new varieties started in the USA in the early 19th century and is still continuing today.

Fun Ways to Eat and Cook Raspberries

To many people we're the best and sweetest of all berries. We're very delicate and must be handled as little as possible. Wash us just before eating.

Eat us fresh or add us to breakfast cereals, ice cream, fruit salad, drinks, puddings, jelly, sherbets or puree us to make a delicious raspberry sauce. Besides eating us on our own try a couple of these interesting combinations.