



SEASON'S
BEST
BERRIES

Now's the time to share the flavor & share the fun!

STRAWBERRIES

satisfying & summer-y

USE: Perfect for snacking, salads, smoothies. Share the joy - everyone loves peak season berries!

TIP: Select Strawberries with bright red color and fresh green caps

NUTRITION: 1 cup of Strawberries is just 50 calories; high in vitamin C

BLUEBERRIES

juicy & sweet

USE: Perfect for snacking, topping salads, yogurt or cereal, added to smoothies, in baked desserts

TIP: For best shelf-life, wait to rinse Blueberries with water until just before use.

NUTRITION: Low in fat, packed with vitamin C, good source of fiber & manganese

RASPBERRIES

playful & refreshing

USE: Raspberries add delight to parfaits, salads, pies and crumbles

TIP: Keep delicate Raspberries cold, rinsing them just before use

NUTRITION: High in vitamin C and dietary fiber

BLACKBERRIES

sweet & juicy

USE: Perfect as a fresh snack, in Blackberry Cobblers, or in smoothies

TIP: During April through June some of the best-tasting Blackberry varieties are in peak season

NUTRITION: Rich in anthocyanin - a compound with antioxidant properties



Driscoll's
Only the Finest Berries™

www.fsproduce.com

