



# WATERCREST

## SENIOR LIVING

### Beautiful Berries!

Who can resist sweet, colorful, bite-sized berries? They're a perfect snack for folks of all ages, and come in an amazing array of shapes, sizes and flavors!

More than a delicious treat, berries have nutritional value, providing vitamin C, potassium, and folate. Berries are also known for their antioxidants – compounds in plants that help protect cells from damage – accountable to the molecular characteristics that provide their vibrant color.

When we think of berries, most of us likely envision luscious strawberries, blueberries, blackberries and raspberries. Actually, 'berry' is a botanical term, and to be a berry, fruits must develop from one flower with just one ovary, such as the blueberry.

Strawberries, blackberries and raspberries derive from a single flower with multiple ovaries of the same flower that join together; this makes them aggregate fruits.

Did you know that a banana is a fruit but also a berry? The banana plant (not a tree) is actually an herb distantly related to ginger; the fruit comes from a flower with a single ovary, has seeds and pulp – meeting the requirement! Pomegranates, avocados, tomatoes, kiwis and eggplants all fit into berry definition.

A bit of trivia: there are over 200 raspberry varieties, and on the outside of each strawberry are about 200 tiny seeds! The tiny hairs on raspberries and blackberries are called 'styles' and protect the fruit from damage.

Berries are delicious in their raw form (after thorough rinsing) but can be a wonderful addition or main ingredient in smoothies, muffins, yogurt, parfaits, pies, salads . . . the list goes on!

*Please consult your doctor before making any changes to your diet.*

[Agfoundation.org](http://Agfoundation.org)

[Livescience.com](http://Livescience.com)

[Nutritionalfacts.org](http://Nutritionalfacts.org)

[Pbs.org](http://Pbs.org)

[EatSMARTmoveMoreVA.org](http://EatSMARTmoveMoreVA.org)

[MinnesotaMonthly.com](http://MinnesotaMonthly.com)