

Culinary Commentary

with Jenny Pitcher, Registered Dietitian

June 2022

U-Pick Produce

We have so many [U-Pick options](#) for fruits, vegetables, and flowers here in central Ohio. One of my favorite things to do during the spring and summer is to pick berries at [Mitchell's Berries](#). May/June are strawberry picking season followed by my favorite fruit, raspberries, in late June/July. I find picking my own berries to be very relaxing. It can get hot, so I tend to go early in the morning, which also means it's less crowded and the bushes are not as picked over. There are several types of raspberries – red, black, purple, and even yellow/golden. Mitchell's Berries grows a nice variety.

Raspberries are packed full of nutrition with all kinds of health benefits:

- Rich source of some flavonoids which help to prevent cardiovascular disease, obesity, and age-related decline.
- Raspberry ketones - like capsaicin in red pepper - known for its ability to inhibit growth of cancer cells.
- High in antioxidants, preventing free-radical damage.
- High in anthocyanins which help suppress inflammation.
- Super-high in fiber and vitamin C.
- Great source of potassium which helps with blood pressure control

Research suggests that eating plant foods in season optimizes the nutrients they contain. So, indulge while they are here because they are not around for long and they taste better than the ones out of the plastic containers in November! Try out some of these suggestions for raspberries:

- Smoosh on top of peanut butter toast in place of jam
- Add to a green leafy salad with a [lemon vinaigrette](#)
- Make into a [frozen treat](#) with Greek yogurt and dark chocolate!
- Top yogurt, granola or other cereal, oatmeal, or overnight oats
- Add to a smoothie or smoothie bowl
- Make into a salsa with mango, lime juice, cilantro & red onion – top on fish, shellfish, chicken, or pork tenderloin
- Make Oatmeal Raspberry Muffins – recipe below

Oatmeal Raspberry Muffin Recipe

- 1 C. whole wheat flour
- 1 ½ Cup oats
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup brown sugar, packed
- 1 C. low-fat buttermilk
- ¼ C. walnut or sunflower oil
- 1 egg, beaten
- 1 C. fresh or frozen raspberries
- 2 T. brown sugar (optional)

Preheat oven to 425 degrees. Combine flour, oats, cinnamon, baking powder, baking soda and salt; set aside. Combine buttermilk, ½ cup brown sugar, oil, and egg in a medium mixing bowl; add to flour mixture, mixing just until moist. Fold in raspberries. Fill paper-lined muffin cups to 2/3 full of batter; sprinkle with remaining 2 tablespoons brown sugar. Bake 20-25 minutes or until done. Recipe from Jenny Pitcher, RDN, LD.



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