

Scripps Miramar Seed Library

"Grow & Share"

Newsletter

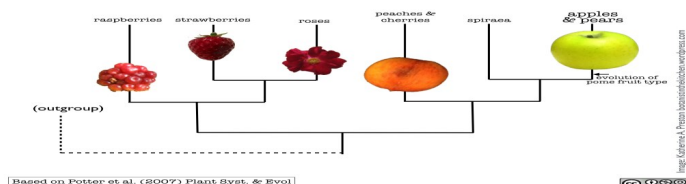
2nd Quarter 25

BERRIES

Whose mouth doesn't water with the thought of fresh strawberry shortcake or steaming blueberry muffins? These delectable treats will taste even better if you grow them yourself! The fruit you buy from the store can't match the flavor of a sun-kissed tree, vine or shrub with ripened fruit that is harvested at the peak of perfection from your backyard.

There are several reasons some gardeners shy away from growing fruit: 1) not enough room in the yard, 2) they must wait years for the first harvest and 3) they are unsure they have the knowledge to grow fruits and berries. However, growing berries involves only a few skills and the willingness to attempt it.

The Rose family



A ROSE IS A STRAWBERRY IS A PEACH

Amazingly enough, almost all the fruits grown in home gardens, from strawberries to apricots, are members of the same plant family, Rosaceae. This includes decorative favorites such as roses, mountain ash, flowering quince and potentilla. An outstanding characteristic of the rose family is an abundance of showy flowers.

This trait allows most fruiting plants to not only be productive but also attractive additions to the home landscape.

What is a berry?

Botanical Definition: A berry is a fruit developed from a single ovary of a flower. The fleshy part of the fruit is the ripened ovary wall (pericarp). Seeds are typically embedded within the fleshy interior. Common examples: **"True" berries:** include bananas, grapes, tomatoes, avocados, and cranberries.

Culinary berries: include strawberries, raspberries, blueberries, and blackberries. True berries are a simple fruit, formed from one ovary. They have a fleshy wall and one or more carpels (the reproductive organs of the flower, consisting of an ovary, a stigma and usually a style). In most cases, the carpels will also contain many seeds. Furthermore,



Do You Know Your Berries?

These are true berries.



These are not.



are aggregate fruits. These are defined as fruits that develop from a single flower with multiple carpels.

(ovaries). Each ovary produces a small fruit which is clustered together. Berries have been valuable as a food source for humans since before the start of agriculture, and remain among the primary food sources of other primates. They were a seasonal staple for early hunter-gatherers for thousands of years, and wild berry gathering remains a popular activity in Europe and North America today. In time, humans learned to store berries so that they could be used in the winter. They may be made into fruit preserves, and among Native Americans, mixed with meat and fats as pemmican.

Health Benefits: **Nutrient-Rich:** Berries are a good source of vitamins, minerals, and antioxidants. **Fiber and**



Antioxidants: They are high in fiber and antioxidants, which have various health benefits. **Potential Heart and Brain Health Benefits:** Studies suggest that berry consumption may help improve

heart health, reduce the risk of type 2 diabetes, and boost cognitive function. Eating berries may also help prevent or reduce the symptoms of many chronic diseases.

Berries are tempting to grow because most offer rewards for a small investment of time and space. The small-fruited plants can return bumper crops with minimal efforts on your part. Blueberries and currants make ornamental shrubs that are covered with blooms in the spring, and decorative fruit in later seasons. These berries require light, acid soil, and constant moisture. Blackberries and raspberries are closely related and have similar growing requirements, but blackberries are larger and more vigorous. Here are growing suggestions for a few types of berries.



Sun- Loving Strawberries--- Strawberries are without



question, the easiest plants to work into any space you may have available. Therefore, they belong in every home garden. They're not fussy about soil or climate and will thrive in all sections of the United States, including Alaska. The two things they do require, good drainage and full sun, can be provided in any section of the country. If drainage is a problem, they can be grown in a raised bed. Six inches will be completely adequate since they do not root deeply. Ample sun is necessary but if they are in an extremely hot, dry

climate, they do better when they have afternoon shade. On a south facing apartment terrace, you can produce a crop in containers using jam jars. Strawberries are a nutrient-rich fruit, offering a good source of vitamin C, fiber, and antioxidants, while also being low in calories and fat. A single cup (about 144 grams) of strawberries provides a significant amount of vitamin C, essential for immune function and other bodily processes. They also contain fiber, which aids digestion and supports heart health, along with minerals like potassium and folate.

Raspberries, which ripen shortly after strawberries, are very popular in every area where they can be grown.



Moreover, unlike strawberries, plantings well cared for will produce crops for ten years or longer. The fruit types available are red, black, purple and yellow, with many varieties

coming out early, middle and late in the season. There are some varieties that are called "ever bearers", producing berries all season long. Raspberries grow best in climates with cool summers and mild winters.

The combination of fiber, vitamins, minerals, and antioxidants makes raspberries a nutritious food with many potential health benefits.

Blackberries: These berries follow the same fruiting cycle that raspberries do. There are several groups of blackberries, the erect growing type, the trailing type, and the evergreen blackberries. Blackberries prefer warmer climate than raspberries and grow well in the southern United States. The ripe berry is better able to tolerate the heat than the raspberry and is therefore a better choice of bramble to grow where the summer is hot. It normally takes three years for a blackberry plant to reach its production potential. Fruit normally ripens between July and September, depending on variety and geographic location.



Blackberries are a good source of nutrients, including vitamin C, vitamin K, fiber, and manganese. They are also a source of protein, carbohydrates, and fat, though in smaller amounts. One cup (144g) of blackberries contains approximately 62 calories.

Blueberries: Sometimes, the reward of growing your own blueberries is measured in terms of immediate satisfaction. For example,



A handful scattered on a bowl of granola or into the blender. Blueberries are native to North America, which is significant for backyard growers in the United States and

Canada. Since the plant evolved here, it tends to be pest and disease resistant. Therefore, when planted in a suitable spot, blueberry bushes flourish.

There are a few varieties of blueberries which can be grown in every part of the country. In the far northern areas, lowbush blueberries are common, while highbush blueberries are popular in the Eastern states and into the Midwest. In the deep south, rabbit eye blueberries are the varieties of choice.

Blueberries are a nutrient-rich fruit, packed with vitamins, minerals, and antioxidants, notably vitamin C, vitamin K, manganese, and fiber. One cup of blueberries provides about 80 calories, 4 grams of fiber, and 25% of the daily recommended value for vitamin C. They are also low in fat and sodium.

SEED LIBRARY PICK — RECIPE RASPBERRY AND PASSIONFRUIT SWIRL

What you need :

Raspberries 2 cups

Passionfruit 2 cups

Low fat plain yogurt 1 2/3 cups

Sugar 2 tbsp

Raspberry and mint sprigs to garnish



How to make:

Mash the raspberries in a small bowl with a fork until the juice runs. Scoop out the passionfruit pulp into a separate bowl with the yogurt and sugar then mix well. Spoon alternate spoonfuls of the raspberry pulp and the yogurt mixture into stemmed glasses or one large serving dish, stirring lightly to create a swirled effect.

Garnish with a whole raspberry and mint sprig. Chill until ready to serve.

If passionfruits are not available, this simple low-fat dessert can be made with raspberries alone.

SEED LIBRARY PICK-PLANT — BEAN

The bean is an edible seed or seedpod of certain leguminous plants of the family Fabaceae.

The genera *Phaseolus* and *Vigna* have several species each of well-known beans, including a



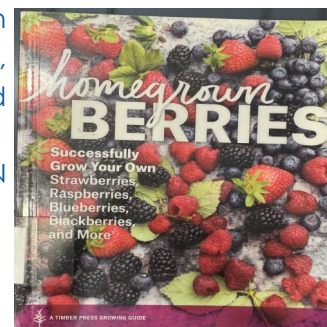
number of economically important species that are found in various genera throughout the family. Rich in protein and providing moderate amounts of iron, thiamin, and riboflavin, beans are used worldwide for cooking in either fresh or dried form. Most varieties of beans grow either as an erect bush or as a climbing plant, but a few important kinds are of intermediate form. Dwarf and semiclimbers are grown extensively. When the climbing type is grown for its immature seedpods, artificial supports are necessary to facilitate harvesting. These include several species of beans, such as soybean, common bean, lima bean, broad bean, garbanzo bean, legumes, and pulses.

Beans are excellent sources of various nutrients, including protein, fiber, folate, iron, potassium, and magnesium. They are a particularly important source of protein for vegetarians and are a good source of lysine, an essential amino acid.

SEED LIBRARY BOOK SUGGESTION: HOMEGROWN BERRIES

Successfully grow you own Strawberries, Raspberries, Blueberries, Blackberries, and more.

Call no -634.7/HOMEGROWN



References:

Otto, Stella (1995) "Backyard Berry Book". Published by Chelsea Green Publishing Company.

Chace, Terri Dunn (2014) "Homegrown Berries". Published by Timber Press.

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