

Sample



**How to Grow
Amazing Strawberries,
Raspberries, Blackberries,
Blueberries,
and Cranberries --
Easily, Quickly, and Without a
Lot of Muss and Fuss**

If ever I dies an' yo ain't certain I's dead,
Just butter some biscuit an' new made bread
An' spread em all over with raspberry jam,
Then step mighty softly to whar I am
An' wave dem vittles above my head,
If my mouf don't open, I'm certainly dead.
-Monroe Sprowl

Lanford, Inc. Publishers

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Cover Quotation from [Mother Earth News, 2004](#)



There is no sweeter reward than watching a flower blossom into a sun drenched berry. The sweet taste of a home grown berry is indeed a sensational pleasure. Planting, caring for, and harvesting berries is a rewarding experience.

Think about that home ground, sweet, sun kissed berry. You reach down in anticipation. You pluck the berry for the delicious aroma fills you with contentment.

Ah! The moment of anticipation! The sweetness of the berry comforts you.

You have cultivated your garden, it's time to harvest. Kick back. It is time for you to savour the berries you have brought on the big, plump, juicy sweet



Berries -- Rich Antioxidant Sources

What Are Antioxidants?

Antioxidants are natural substances found in plants. They aid in preventing heart disease, cancer, and stroke. They boost your immune system. Antioxidants counter the effects of aging by improving things like memory, balance, coordination, and motor skills.

The Oxygen Radical Absorbance Capacity -- or ORAC Value -- of foods is a measurement of the Antioxidant levels. The higher the ORAC Value, the more Antioxidants a food has. It's believed that foods high in these coveted vitamins give the body its greatest protection.

Source: [Driscoll's](http://www.driscolls.com/)

<http://www.driscolls.com/>



Selecting Your Berry Site

Plant your strawberry, blueberry, and raspberry plans in areas that receive full sunshine. Berries soak up the sunshine. Berries need full sunshine in order to grow plump and sweet.

Berry plants will tolerate some afternoon shade. It helps shelter the plants from sunburn in hot climates. If the plant does not get enough sun, the fruit will be small and tart. Think sun and think sweet!

Cranberries grow in wetlands. Plant other types of berry plants in a well-draining location.

Don't Plant Me There!

Follow These Tips For Rotational Planting

- Wild berries may give refuge to diseases and pests.
- Avoid setting your garden plants within 300 feet of any wild berry plants.
- Do not plant blackberries or raspberries where strawberries, potatoes, peppers, tomatoes, eggplant, tobacco, or other cane berries or brambles have been planted in the last 3 years.
- Avoid planting strawberries, potatoes, or sodas in locations, you end up with insects and diseases.





The soil is ready. The plants are eager to begin growing. Get ready! It is time to set your plants.

Boost Plant Survival Rates!

Remove Previous Growth from Raspberry and Blueberry Plants

All new growth comes from the primary buds. These buds are just below the soil line. Look at your plants. Find the two to five buds or shoots from the primary buds. These are just above the roots at the base of the crown.

All growth above the primary buds grew in the nursery the previous summer. Trim all growth off from above the primary buds. This growth is two years old. Remove it before it flowers and tries to fruit.

You want new cane growth, not old. The plants require the establishment of a good so the plants develop a

The plants might become excess cane off the plant them stronger, help them thrive.

Transplanted plants unc blackberry tops to relieve a lot of that stress.

Soak the blackberry and raspberry roots in water for an hour before planting. The plants have been dormant. This way, when you set them, the roots keep most of the moisture from this soaking. Then, the soil takes over, having enough moisture for the root growth.

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Berries. They have many virtues.

Berries are colorful. They are easy to prepare. Berries are delicious. You can serve them for dessert or eat them all by themselves. Berries are good for you.

Harvesting Cranberries

Pick dry firm berries as they reach their peak of color and sugar development. Berries are ripe when they pull easily from the plant. If you need to tug on the berry, it is not yet ripe.

Berries do not ripen after picking, picking wet fruit. It will spoil quickly. Fruit rot.

Pick the berries in the early morning. Berries have a natural protective coating. Wash berries or rinse berries just before using,

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Sort berries carefully. Place berries loosely in a shallow container to allow air circulation and to prevent the berries on top from crushing those underneath.

Cranberries

Tannins -- Mouth-Puckering Tartness

Cranberries are too tart to eat without adding sugar. Cranberries contain tannins. This substance contributes to the tartness.



bo-da-cious also bow-da-cious (bō-dā'shəs)
Remarkable, Prodigious, Audacious, Gutsy

Ah, the treat of eating berries -- one of summer's most luscious pleasures! For your cooking and baking pleasure gently in cold water immediately and let them drain. Never soak be soft or decayed. Never forget to si berryific!



Select A Berry Recipe

[Driscoll's Berry Recipes](#)

Are you looking for a new berry recipe? Try the all occasion recipe favorites at [Driscoll's](#). Select a berry or a meal. Enjoy a featured recipe. Driscoll's has recipes for strawberries, blueberries, black berries, raspberries, and mixed berries.

Search for a sugar free or fat free recipe. Driscoll's has recipes for appetizers, entrées, deserts, beverages, and salads.

Source: [Driscoll's](#)

<http://www.driscolls.com/>



Berry Events You Don't Want To Miss!

Go West, Young Cranberry

Cranberry Bogs and a Cranberry Court

Where do cranberries grow? Did you say only in the East? That's not necessarily so! Sure, you will see them growing in cranberry bogs in New England, New Jersey and California. But you will find them growing in Oregon and a cranberry court. California has a mild climate. Oregon ranks second in cranberry production and top among the states for cranberry exports.

<http://www.findarticles.com/p/...>



[Abbotsford Berry Festival](#)

Pick up farm fresh strawberries, raspberries & blueberries, from the field to the mouth, the oven, the canning jar or the freezer! Look for this festival in July in historic Abbotsford, BC.

<http://www.abbotsforddowntownbia.bc.ca/events.htm>

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Growing Blueberries in the Home Garden

Ohio State University Extension Fact Sheet

HYG-1422-98

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How to Grow Sweet, Delicious Strawberries

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<http://www.thegardenhelper.com/strawberries.html>

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Raspberries for the Backyard F

Ohio State University Extension F

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