

Common Varieties of Berries



Strawberries

Characteristics: Large, red, heart-shaped; sweet & juicy; rich in vitamin C
Great for: fresh snacking, shortcakes, smoothies, salads, jams



Blueberries

Characteristics: Small, round, deep blue; mildly sweet; antioxidant-packed
Great for: pancakes, muffins, smoothies, fresh snacking, pies



Raspberries

Characteristics: Small, delicate, red (or golden); sweet-tart & fragrant
Great for: fresh snacking, desserts, smoothies, sauces, yogurt parfaits



Blackberries

Characteristics: Medium, dark purple-black; sweet with slight tartness; juicy
Great for: cobblers, pies, jams, fresh snacking, salads



Cranberries

Characteristics: Small, round, bright red; very tart; requires sweetening
Great for: sauces, baked goods, juices, stuffing, chutneys



Currants

Characteristics: Tiny, glossy, red or black; intensely tart (black: more complex flavor)
Great for: jams, jellies, sauces, syrups, baked goods



Acai

Characteristics: Small, dark purple; mild berry taste; tropical superfruit
Great for: smoothie bowls, juices, energy drinks, supplements



Goji Berries

Characteristics: Small, oblong, bright red-orange; chewy when dried; sweet-tart
Great for: trail mix, smoothies, teas, oatmeal, baked goods



Boysenberries

Characteristics: Large, dark maroon; sweet-tart hybrid (blackberry-raspberry-loganberry)
Great for: jams, pies, cobblers, ice cream, sauces