



Red Raspberry Rush



[follow the [Wikipedia links](#)]

We'll take a break from the series of reports on the
2007 Berry Health Benefits Symposium
(click here for parts [one](#) and [two](#))

to celebrate the short harvest season in early July -- the "rush" -- for

red raspberries (*Rubus idaeus*)

Little known facts about reds (from the [Washington Red Raspberry Commission](#))

- the major producing regions of red raspberries in the United States are Washington, Oregon and California
- northwestern Washington, particularly [Whatcom County](#), accounts for nearly 60 % of the total US production of about 70 million pounds per year!
- most of the reds grown in Washington are the [cultivar](#) called Meeker, just one of more than 20 varieties grown in the state
- British Columbia's [Fraser River Valley](#) near Vancouver produces 30.5 million pounds per year, mainly near the city of Abbotsford, Canada's red raspberry capital and home of [BC Raspberries](#)
- Products of the harvest? Other than fresh so popular in markets presently are fresh-frozen blocks, individually-quick frozen ("IQF") berries, puree and juice concentrate used for manufacturing a variety of popular consumer products



Courtesy of the [Oregon Raspberry and Blackberry Commission](#)

Excellent article on raspberry nutrients from [World's Healthiest Foods](#),
the [George Mateljan Foundation](#) (*click!*)

[Specific nutrient profile for red raspberries](#) (*click!*)

High content levels especially for

- the essential mineral, [manganese](#)
 - [dietary fiber](#)
 - [vitamin C](#)

Health-related pigments and other phytochemicals in red raspberries ([click for more information!](#))

Antioxidant Phytochemicals

- [anthocyanins](#)
- [ellagic acid](#)
- [quercetin](#)
- [catechins](#)

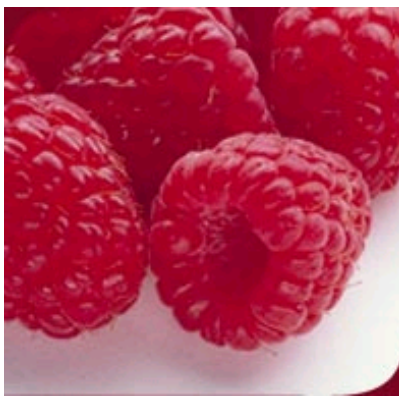
Anti-Disease Effects Under Research

cancer, heart and vascular system, inflammation
bacterial and viral infections, cancer
cancer, neurological disorders
cholesterol, cardiovascular, cancer,
bacterial infections

Read more about nutrients at the [Linus Pauling Institute](#)
[Micronutrient Information Center!](#)

[Recent Research on Laboratory Models of Cancer](#)

- [Inhibition of cancer cell proliferation and suppression by red raspberry juice](#) (and the juice of other berries)
- [Raspberry polyphenols exhibit anti-cancer effects on in vitro models of colon cancer](#)
- [Raspberry ellagitannins inhibit proliferation of cancer cells](#)



Courtesy of the [Washington Red Raspberry Commission](#)

Reading

- Dr. N. Seeram, [Red Raspberry Pigments and Potential Health Benefits](#)
- [Washington Red Raspberry Commission](#)
- [Red Raspberry Research Archive](#)
- Useful websites for [Berries and Berry Commissions](#)
- [Linus Pauling Institute, Micronutrient Information Center](#), Oregon State University

Archives ([click!](#))

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