



Camarillo Certified Farmers Market

Supporting grief and bereavement services at Camarillo Hospice:
A program of Livingston Memorial Visiting Nurse Association



California’s warm summer weather is made even sweeter when accompanied by brightly colored berries. And California sure is a berry-loving state. Nearly 90% of the nation’s strawberry crop and 74% of its raspberry yield are grown here. And while Oregon is typically known as the home state for blueberries, California also produces a respectable 10% of the nation’s blueberries.

July, which is National Berry Month, is a perfect time to indulge in these luscious treats that are packed with healthy benefits. Take the strawberry for example. This superfood is chock full of Vitamin C, is high in antioxidants as well as manganese and potassium, and is said to protect your heart, increase (HDL) good cholesterol, and help reduce your risk of cancer and high blood pressure.



Okay, so technically the strawberry isn’t a true berry. Because it wears its seeds on the outside, the only fruit to do so, the strawberry has the dubious distinction of being an “accessory fruit.” Yeah, we’re going to keep calling it a berry.

Interestingly, strawberries also don’t continue to ripen after they are picked, so be sure to find the freshest batch you can—all fruits and veggies are brought in daily to our produce merchants—and don’t hesitate to dive in. If you do plan to store berries in the fridge for a day or two, wait to wash them until you’re ready to eat them, as water can speed up their spoilage.

Triple Berry Crisp

Recipe by Polly Giebler, from allrecipes.com
Prep: 20 min | Cook: 40 min | Ready in 1 hour

Ingredients:

1 ½ cups fresh blackberries
1 ½ cups fresh raspberries
1 ½ cups fresh blueberries
4 tablespoon white sugar
2 cups all-purpose flour

2 cups rolled oats
1 ½ cups packed brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 ½ cups butter

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, gently toss together blackberries, raspberries, blueberries, and white sugar; set aside.
3. In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries. Sprinkle remaining crumble mixture over the berries.
4. Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.