

# Raspberry Handling & Storage

Of all the small fruits, raspberries have the shortest shelf life. One can watch the mold grow on raspberries held on the counter at room temperature. Raspberries become very soft in a matter of hours if not held at cold temperatures.

Once you bring your fresh berries home, the key to keeping it fresh is to kill any spores on the fruit. The pH of vinegar does that job. Place the berries in a large bowl and wash them in a vinegar-water bath: 1 cup of white vinegar and 8 cups of water. Let the berries sit in the vinegar-water bath, gently moving them to help dislodge any dirt, grime and letting the vinegar kill spores and bacteria. Drain the berries in a colander and then thoroughly rinse the fruit (to remove any vinegar flavor).

Thicker skinned fruit (like strawberries or blueberries) can be dried in a salad spinner but delicate berries such as raspberries and blackberries should be dried on a towel, patting them with paper or cloth towels. Store the washed and dried fruit in a sealed container that has been lined with paper towels — if using an air-tight container, leave the lid slightly open to avoid natural moisture build-up. When I handle fruit I have purchased from my grocery store, I wash the original container and then re-use it, making sure to line it with paper towels.



## WHEN MEASURING RASPBERRIES:

CUPS	GRAMS (g)	OUNCES (oz)
1/8 cup	15 g	0.6 oz
1/4 cup	30 g	1.1 oz
1/3 cup	40 g	1.5 oz
3/8 cup	45 g	1.7 oz
1/2 cup	65 g	2.2 oz
5/8 cup	80 g	2.8 oz
2/3 cup	85 g	2.9 oz
3/4 cup	95 g	3.3 oz
7/8 cup	110 g	3.9 oz
1 cup	125 g	4.4 oz
2 cups	250 g	8.8 oz
4 cups	500 g	17.6 oz