Email #9

Complementary Blog Post: 4 Benefits of Raspberry

Subject: 5 Types of Raspberries

Hi [firstname],

Raspberries are often thought of as a summer berry, but the truth is you can buy them all year round in some areas. Usually at the grocery store. Most of the time they can be pretty spendy, but once in a while you can get them on sale.

One way to avoid the high cost is to plant your own raspberry bushes. There are several different types of raspberries that you can plant, below are a few things about the yummy fruit that you might be interested in learning:

How To Buy Any Type of Raspberries

Raspberry season is usually in full swing during the middle of summer. The fruit however is available most of the year frozen and in some cases fresh, but more expensive. In order to get the best quality raspberries, make sure that you choose produce that is plump, slightly soft, deep in color and has good aroma.

You’ll know when raspberries are not good because they tend to become very soft plus you can usually see mold or black spots if they aren’t good.

If you can, check the container these raspberries come from. Is there juice leaking? If so, skip that container and move on to the next. When they leak that is an indication of soft raspberries and they might be bad.

Types of Raspberries

There are a few types of raspberries that are used for a multitude of different dishes and meals. Usually utilized for desert, each type has a distinct taste and color.

Red Raspberries

The most common type of raspberry available, red raspberries are usually bigger and less seedy than any other type of this fruit. They are sweet and juicy and are often used for jams, jellies, sauces, and dessert toppings.

Black Raspberries

Recognized for its distinct color, black raspberries are used similarly to red raspberries. However, they are usually found in forests and fields.

Purple-Flowering Raspberries

As the name implies, the purple-flowering raspberry bears flowers usually from June to September. They are less sweet than the red and black variety. However, they are tasty sweetened or flavored.

Purple Raspberries

Purple raspberries are a cross between the red and black varieties. This berry has the same sweet taste as the common types. The only difference being the color.

Golden Raspberries

Unlike all other types, golden raspberries are not common at all and are produced in limited quantities. It has similar taste, texture and substance as a regular raspberry however it has a bright gold to orange color.

If you’d like to know all the benefits of raspberries – take a look at this blog post:

LINK

Raspberries are easy to add to your diet and that of your family because of how sweet and yummy they are. Fresh is best, but they don’t have to be. You can also use frozen and get the same benefits.

[Sign off]