

# INCREDIBLE EDIBLE IDAHO

## BERRY

### IDAHO BERRY FACTS:

The best place to find locally grown strawberries, raspberries, blackberries, or other fresh berries in Idaho is at a Farmers Market or farm stand.

Huckleberries can only be found growing wild in the mountain areas of northern Idaho.

Strawberries are the only fruit with seeds on the outside.

A single raspberry or blackberry fruit is made up of many little fruits or "drupelets" all clustered together. Each drupelet contains its own seed.

### BERRY NUTRITION FACTS:

Although small in size, berries pack huge nutrition benefits.

Colorful berries contain antioxidants that help reduce the risk of certain cancers and improve immune function.

Berries are a great snack because they are low in calories and high in fiber.

Vitamin C is abundant in berries.

Berries that are consumed closest to harvest time are most nutritious and taste the best, so choose local berries when you can.

### Where Are Berries Grown In Idaho?



**Huckleberries:**  
Valley, Idaho, Clearwater, Boundary, Bonner, Kootenai, Shoshone, Lemhi Counties



**Strawberries:**  
Payette, Ada, Bingham, Gem, Canyon, Gooding, Jerome, Fremont Counties



**Raspberries:**  
Payette, Franklin, Canyon, Gooding, Twin Falls, Gem, Oneida, Power, Bonner Counties



**Blueberries:**  
Bonner, Gem, Ada, Benewah Counties



**Blackberries:**  
Bonner, Ada, Gem Counties

