



**ESPOMA'S TOTAL
GUIDE *to* GROWING
ORGANIC
BERRIES**



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ORGANIC
A natural in the garden since 1929

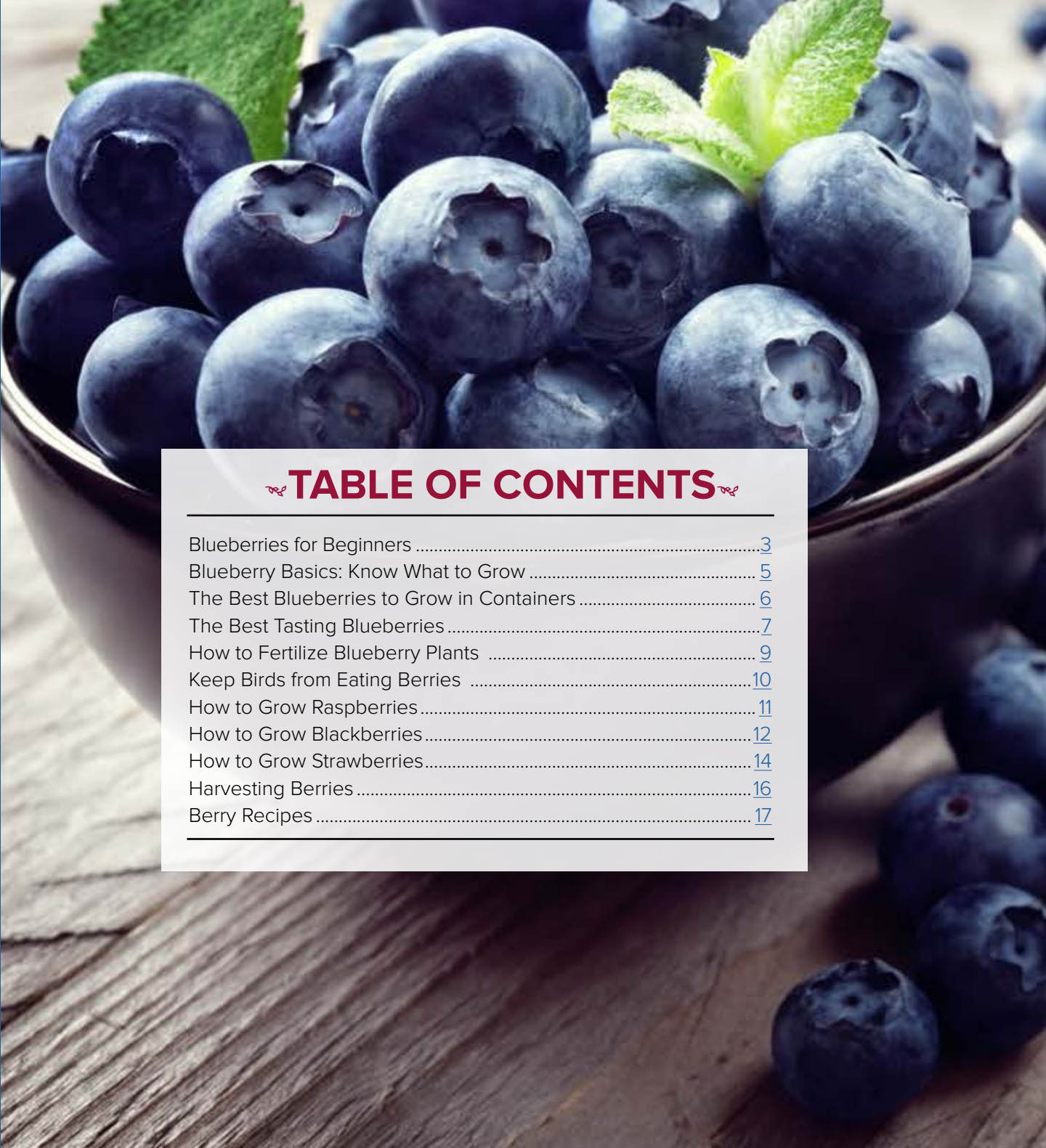


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Pancakes, tarts, pies... we love adding blueberries to any recipe, and we're not alone.

Berries are not only loaded with flavor, they're filled with antioxidants and they're good for your heart, body and brain. Plus, the plants look beautiful in the landscape.

ESPOMA'S TOTAL GUIDE to GROWING ORGANIC BERRIES

includes everything you need to know for a successful harvest and beyond.



ORGANIC

ORGANIC
BERRIES

Not only delicious and popular, berries are one of the healthiest foods that you can eat and grow.

Berries are nutritional powerhouses that are packed with antioxidants that help guard against cancer and heart disease. Blueberries and strawberries are also low in calories and rich in fiber and vitamins. Blackberries and raspberries are not just powerful antioxidants, but both berries are some of the best foods to eat to fight cancer. All of these berries add color and quality to any garden and are very easy to grow.

Here are tips to grow the most delicious berries organically. What are you waiting for? Let's get growing!

BLUEBERRIES



GROW YOUR OWN BLUEBERRIES

BLUEBERRIES ARE HEALTHY AND HEARTY

Not only delicious and popular, blueberries are one of the top 10 healthiest foods.

Blueberries are often labeled as a super food and they are among the most nutrient-dense of all berries. A single 1-cup serving of blueberries can contain:

FIBER: 4 grams
VITAMIN C: 24% of the RDI
VITAMIN K: 36% of the RDI
MANGANESE: 25% of the RDI

Convinced?

Plant, Prune, Pick, Protect

GROWING BLUEBERRIES IS EASY WITH THESE 4 TIPS

Simply follow these simple tips to help bushes flourish season after season!

1 PLANTING

First, plant the right variety. Compact blueberries are perfect for growing in containers, raised beds or even directly in the garden.

Once you've chosen a blueberry bush, plant it in a sunny spot with at least six hours of sun each day.

Next, consider the soil. Blueberries love acidic soils. A pH of 4.5-5.5 is ideal. A simple soil test indicates acidity, which can be adjusted with a balanced organic fertilizer.

Soil kits and amendments are available at any local garden center. Give the plant's roots plenty of growing room when planting in a container.

Plant dwarf blueberry bushes in pots 16 inches or more in diameter and water deeply and regularly to make sure all of the soil within the pot is moist.

2 PRUNING

Cutting branches off any plant can be daunting, but it's best for the plant. Pruning gives berries more space between branches, allowing air to flow freely and preventing disease.

It's best to prune blueberries in late winter when the plants are still dormant,

Remove stems that are damaged, old or dead. Take out up to a quarter or even a third of the bush, then trim it up to a neat and tidy look.

Fertilizing is recommended in early spring. Choose a balanced, organic, slow-release fertilizer for acid-loving plants like Holly-tone® or Berry-tone®.

A second application of fertilizer is recommended in late spring to give the plants an extra burst of energy for fruit production.

3 PICKING

With planting and pruning in the bag, the next step — picking — is the pay off. Be sure to watch your berries carefully and pick them before the birds do!

4 PROTECTING

A little protection ensures your blueberry bush will thrive for another bountiful season. Keep critters away by covering bushes with bird netting in the spring.

Winter weather poses the biggest risk to berry bushes, so be sure to protect roots.

In very cold regions, apply a deep layer of mulch around the base of the bush to protect the roots,

Blueberries in pots are easiest to protect from the cold — just move the pots into an unheated garage or against a building and cover with thick mulch, burlap or a blanket.

Spring's sudden cold snaps endanger emerging growth, as well. Be sure to cover blueberry bushes with burlap or blankets when the forecast calls for frost once buds and flowers are emerging.



THE SECRET TO BLUEBERRY SUCCESS?

- The Four Ps:**
1. Planting
 2. Pruning
 3. Picking
 4. Protecting



BLUEBERRIES

BLUEBERRY BASICS

BLUEBERRY BASICS: KNOW WHAT TO GROW

Get to Know Your Berries

QUESTIONS TO ASK BEFORE CHOOSING WHICH BLUEBERRY TO GROW

Answer a few quick questions and then skim our Blueberry Variety Guide to find the absolute best type for you.

Growing blueberries is easy as long as you pick the right berry variety for your yard. Set yourself up for a berry successful season by answering these common berry FAQs.



1 WHAT TYPE OF BLUEBERRY WORKS BEST IN YOUR AREA?

There's a type that works best for each USDA Gardening zone. Find yours using our chart below.

- **Half-High** – Zones 3-6
- **Northern Highbush** – Zones 4-7
- **Southern Highbush** – Zones 8-10

2 WHAT'S THE PH OF YOUR SOIL?

Grab a soil test and discover the pH of your soil. To thrive, blueberries need a soil pH between 4-5.5. Lower your soil's pH with **Espoma's Soil Acidifier**. This organic alternative is much safer than Aluminum Sulfate. Also, plan to use an organic fertilizer for acidic plants, such as Holly-tone.

3 HOW MANY CHILL HOURS ARE IN YOUR AREA?

Blueberries need a certain amount of time in dormancy, these are called **chill hours**. See how many chill hours are in your area and select a blueberry that matches.

4 WHEN DO YOU WANT YOUR BLUEBERRIES TO RIPEN?

Early: Some blueberries ripen as early as May and are finished by the start of June.

Late: Other varieties of berries only ripen in mid-August and produce fruit through September.

5 WHAT'S YOUR IDEAL BLUEBERRY TASTE AND LOOK LIKE?

Decide whether you want sweet or tart berries. Then select the plumpness. Do you want teeny-tiny or super-sized blueberries?

For more garden variety tips, visit our website and subscribe to our newsletter!

And don't forget to tag us at **#EspomaGrown!**



BLUEBERRIES



Photo courtesy of Bushel and Berry™

THE PERFECT FIT

THE BEST BLUEBERRIES TO GROW IN CONTAINERS

1. BUSHEL AND BERRY™ PEACH SORBET

Full of charm, these compact blueberry plants are four-season showstoppers with stunning leaves ranging from peach to pink to orange to emerald green. Spring's white, bell-shaped flowers will give way to an abundant summer crop of healthy, sweet blueberries mid-summer.

BLUEBERRY TYPE: Dwarf

LIGHT: Full sun

SIZE: 1½ Feet H x 2 Feet W

CHILL HOURS: 300

RIPENING SEASON: Mid-summer

ZONE: 5-10

TASTE AND SIZE: Medium blueberries with a sweet, tropical essence

YIELD: High yield

FEATURES:

- Works well in containers or in landscape
- Likes acidic soil
- Plants keep leaves through winter when the foliage transitions to a rich eggplant purple



Photo courtesy of Bushel and Berry™

BOUGHT TO POT: THE BEST BLUEBERRIES FOR CONTAINER GARDENING



Photo courtesy of Bushel and Berry™

2. BUSHEL AND BERRY™ PINK ICING

With breathtaking spring and fall foliage and large, sweet berries mid-summer, this gem makes small spaces shine. Plus, these bushes are self-pollinating, so only one bush is needed to produce fruit.

BLUEBERRY TYPE: Dwarf

LIGHT: Full Sun

SIZE: 3 Feet H x 4 Feet W

CHILL HOURS: 500

RIPENING SEASON: Mid-Summer

ZONE: 5-10

TASTE AND SIZE: Large berries w/ sweet, robust flavor

YIELD: Moderate yield

FEATURES:

- Works well in containers or in landscape
- Likes acidic soil
- Beautiful year-round foliage

3. NORTHSKY BLUEBERRY (NOT PICTURED)

Meet the most cold-hardy blueberry out there. The Northsky can withstand temperatures of -45° and can even bear snow on its branches. In spring, the Northsky produces lots of sweet, white blooms that look absolutely darling.

BLUEBERRY TYPE: Half-High

LIGHT: Full Sun

SIZE: 2-4 Feet H x 2-3 Feet W

CHILL HOURS: 800+

RIPENING SEASON: Mid-Season: Mid-End of July

ZONE: 3-7

TASTE AND SIZE: Small, firm blueberries that taste fresh, wild and free

YIELD: Small yield, up to 2 pounds of blueberries

FEATURES:

- Extremely cold-hardy
- Works in the landscape or as a hedge
- Elegant burgundy fall foliage

4



Photo courtesy of Doreen Wynja for Monrovia

4. SUNSHINE BLUE BLUEBERRY

These berries are even more nutritious than other blueberries because they're high in Vitamin P. Another fun attribute of the Sunshine Blue is their hot-pink flowers in spring and blazing red leaves in fall!

BLUEBERRY TYPE: Southern Highbush

LIGHT: Full sun

SIZE: 3-4 Feet H x 3-4 Feet W

ZONE: 5-10

CHILL HOURS: 150

RIPENING SEASON: Mid-season: End of May-End of June

TASTE AND SIZE: Medium blueberries that taste opulent and sweet

YIELD: Moderate yield, 5-10 pounds of blueberries

FEATURES:

- Tolerant of higher soil pH
- Love the California sunshine and heat
- Semi-evergreen

BLUEBERRIES



BLUES LEGENDS

THE BEST TASTING BLUEBERRIES TO GROW

5



Photo courtesy of Bushel and Berry™

5. BUSHEL AND BERRY™ JELLY BEAN

This blueberry is prolific – producing a bumper crop of large, flavorful blueberries mid-summer with a super sweet flavor like homemade blueberry jelly. Brilliant green new foliage emerges in spring which gives way to darker greens with red hues throughout the summer and fall.

BLUEBERRY TYPE: Dwarf

LIGHT: Full Sun

SIZE: 1 Feet H x 2 Feet W

ZONE: 4-8

CHILL HOURS: 1,000+

RIPENING SEASON: Mid-summer

TASTE AND SIZE: Medium to large blueberries with homemade jelly flavor

YIELD: High yield, bumper crop

FEATURES:

- Works well in containers or in landscape
- Likes acidic soil
- Beautiful year-round foliage
- Prune annually during winter dormancy

With vibrant hues of blue and sweet flavor, no summer fruit is better known (or better for you) than the blueberry. These blue wonders play a vital role in health and well-being.

Plant a blueberry bush today and savor the fresh berries all summer.

If flavor is your top priority, you absolutely must add these blueberries to your garden! Just imagine how mouth-watering that first, homegrown blueberry will be! Until then, though, you'll keep busy!

While growing blueberries, be sure to feed with Holly-tone® and keep the soil pH low with Soil Acidifier.



1

1. SOUTHMOON BLUEBERRY

A southern favorite that does well in hot temperatures, the Southmoon blueberry is a delicious pick. The sky-blue berries are a nice touch, too. Plant in lighter, sandy soils and amend with lots of organic material.

BLUEBERRY TYPE: Southern Highbush

LIGHT: Full Sun

SIZE: 6 Feet H x 6 Feet W

ZONE: 6-9

CHILL HOURS: 300-500

RIPENING SEASON: Early: Early-Late July

TASTE AND SIZE:

Large berries with sweet, juicy blueberry flavor

YIELD: Moderate yield

FEATURES:

- Showy white flowers
- Self-pollinating

Photo courtesy of Richard Shiell for Monrovia



2

2. O'NEAL BLUEBERRY

The O'Neal produces dark blue berries that taste more like candy than fruit. With high-sugar content, you'll want to eat these yummy berries right as soon as you pick them. As a semi-upright shrub, you can let this blueberry grow wild and free or train it to grow up.

BLUEBERRY TYPE: Southern Highbush

LIGHT: Full Sun

SIZE: 4-6 Feet H x 4-6 Feet W

ZONE: 5-9

CHILL HOURS: 500-600

RIPENING SEASON: Early: Early May-Early June

TASTE AND SIZE:

Large blueberries that taste juicy and sugary-sweet

YIELD: Moderate yield

FEATURES:

- Produces an extra crop
- Works great in containers
- Dazzling red fall foliage in cool climates
- Evergreen in warmer climates

Photo courtesy of Richard Shiell for Monrovia



3

3. POLARIS BLUEBERRY

If you love to eat blueberries early in the season, the Polaris is for you! The Polaris was developed in Minnesota, so you know it can handle the cold, too! Go ahead, and pair with Northblue to increase blueberry yield.

BLUEBERRY TYPE: Half-high

LIGHT: Full Sun

SIZE: 3-4 Feet H x 3-4 Feet W

ZONE: 3-8

CHILL HOURS: 800+

RIPENING SEASON: Early: Early July-Early August

TASTE AND SIZE: Medium, firm blueberries that taste

sweet with a hint of acidity

YIELD: High yield, 4-7 pounds of blueberries

FEATURES:

- Native
- Very aromatic
- Extremely cold-hardy
- All-season beauty: white blooms in spring and rosy red foliage in fall



4

4. BUSHEL AND BERRY™ BLUEBERRY GLAZE

These berries are small in stature and have incredibly glossy, dark green leaves reminiscent of boxwood, and can easily be sheared as such. Small, almost black berries present in little bundles mid-summer. With their deep flesh color, Blueberry Glaze packs a healthful punch with antioxidant-rich qualities.

BLUEBERRY TYPE: Dwarf

LIGHT: Full Sun

SIZE: 2 Feet H x 3 Feet W

ZONE: 5-8

CHILL HOURS: 600

RIPENING SEASON: Mid-Summer

TASTE AND SIZE: Small, intense flavor much like the flavor of wild blueberries

YIELD: Moderate yield

FEATURES:

- Works well in containers or in landscape
- Likes acidic soil
- Beautiful year-round foliage

Photo courtesy of Bushel and Berry™

BLUEBERRIES



Photo courtesy of Bushel and Berry™

HOW TO FERTILIZE BLUEBERRIES

For established plants, spread one cupful of Holly-tone per foot of branch spread. Double the quantity if branch spread is 3 feet or larger.

If the area to be fed is mulched, remove as much mulch as you can, feed, and then restore the mulch on top of the plant food. If you can't remove the mulch, just double recommended feeding rates.

To lower the pH of soils for optimum growth of acid-loving plants such as blueberries, you can also mix in Soil Acidifier as needed.

Always water well after fertilizing.

For more gardening tips visit our website at www.espoma.com and subscribe to our newsletter!

And don't forget to tag us at #EspomaGrown!

FEEDING YOUR BLUEBERRIES

HOW TO FERTILIZE BLUEBERRY PLANTS

There's nothing like fresh-picked blueberries to add to a smoothie, salad or dessert. Rich in many health-benefiting nutrients, antioxidants, and vitamins, blueberries don't just taste delicious, they're also nutritious.

The secret to grow delicious, thriving blueberry plants: feed them.

Maximize your blueberry bushes' health, help them resist insects and diseases, and boost your harvest by providing the right kinds of soil amendments.

WHEN TO FERTILIZE BLUEBERRIES

Fertilizing is recommended in early spring before the leaves have grown in. This gives the fertilizer time to be absorbed by the roots of the blueberry before it enters its active growth stage during summer.

Feed once in early spring and again in late spring. Healthy, established plants should not need to be fed more often than twice a year.

THE BEST FERTILIZER FOR BLUEBERRIES

Blueberry bushes respond best to acid fertilizers such as those for rhododendrons and azaleas. Holly-tone has long been used by professional gardeners as the best source of food for berries.

From blocking weeds to conserving water, mulching goes hand in hand with fertilizing and is also very important for blueberry bushes. By feeding as it decomposes, mulch helps to maintain soil acidity. The best mulch options are oak leaves, pine straw or pine bark. Gardeners should spread it in a 3-4 inch thick layer.





BLUEBERRIES



Sun-kissed, slightly tart blueberries. Sweet, juicy raspberries.
Scrumptious strawberries as sweet as candy.
Sugary, tart blackberries...

*Who can resist such delightful, fresh
flavors right from the garden?*

Certainly not local birds! Crows, blackbirds, robins, jays and
more swoop in and eat your berries right from under you!

If you're growing blueberries (or any berries!), you want to make sure you
get to enjoy them, not the birds. Here are our tips for protecting your
berries from those hungry birds — while still being kind.

TAKE BACK THE PATCH – HOW TO PROTECT FRUIT FROM BIRDS, NATURALLY AND ORGANICALLY



NO WAY BLUE JAY!



KEEP BIRDS FROM EATING BERRIES



1. LOCATION, LOCATION, LOCATION.

Plant or move berries away from hedges and larger shrubs since birds like to rest there.

2. TAKE COVER!

When your berries are immature, add a row cover or bird netting. Make sure the netting is secure, so the birds can't undo it. This is, hands down, the best way to protect berries.

3. A SPRINKLE OF SPARKLE.

Tie a shiny bird scare tape, or foil tape, around your berry bushes or plants to deter birds. Birds don't like the movement or the tape's bright reflection.

4. DASH OF PEPPER.

Sprinkle cayenne pepper around your berry plants as they begin to ripen. This method is super easy, but makes it hard to enjoy eating berries as you pick! You have to wash off the berries before eating to remove any remaining pepper.

5. SNACK ATTACK!

Install a few bird feeders to encourage birds to eat there — and not your berry bushes!

Victory! Now, make sure your blueberries continue to thrive by feeding with Holly-tone. **Keep the soil acidic, too, with [Espoma's Organic Soil Acidifier](#).**



RASPBERRIES



PICK A BERRY

Summer-bearing fruits bear one crop per season, typically summer. Ever-bearing fruits bear two crops, one in the summer and one in the fall. Choose your variety based on how many berries you'd like to harvest.

Contrary to popular belief, raspberries aren't always red! They also come in yellow, purple and black, so grow a variety of berries and add some color to your organic garden this summer.

Visit your local garden center and they can help you choose a variety best fit for your region.



SEEING RED

HOW TO GROW RASPBERRIES IN THE GARDEN

Raspberries are a summer staple in every kitchen. Make them a staple in the organic garden, too.

Whether you are growing berries for jam, raspberry cobbler, or just to eat as a quick and healthy snack, these sweet little fruits will never disappoint!

If you want to enjoy these delicious summer berries, now is the time to start planting.

Here's how, and when to plant raspberries.





BLACKBERRIES

HOW TO GROW BLACKBERRIES

THE TIME IS RIPE TO PLANT BLACKBERRIES

WHEN AND WHERE?

The best time to plant raspberries is in early or mid-spring. These berries are inclined to grow in cooler climates, but the ground might not be workable until after the last frost.

When choosing a location, plant raspberries in an area with full sun and good air circulation. Avoid areas with heavy winds that may damage plants. Leave about 3 feet of space in between each plant.

Because some varieties of raspberries send long canes upward as they grow, they need support. Plant them next to a fence or create a simple support alongside the row with stakes and wire.

SOIL CONDITIONS

Raspberries will grow best in slightly acidic, well-drained soil. Be sure to test your soil — an ideal pH level is anywhere between 5.5 and 6.5. If the soil is not acidic enough, add Espoma's Soil Acidifier.

Add an organic plant food to the soil to encourage healthy growth. [Espoma's Holly-tone](#)® is perfect for raspberries as it is a slow-release fertilizer for extended feeding. Keep the soil evenly moist and water as needed.



And that's it! You'll have juicy, fresh-picked raspberries in no time.

What is your favorite way to use your homegrown raspberries in the kitchen? We want to know!

Tag us at #EspomaGrown!

So maybe, it's ok to have that second slice of cobbler after all?

Blackberry cobbler, fruit salad, pie, and muffins – oh my!

These yummy berries are loaded with antioxidants and Vitamin-C, which help promote healthy skin and improve memory.

We're getting ahead of ourselves, though.

Let's get those blackberries planted first.

GROW BLISS IN THE GARDEN: PLANT BLACKBERRIES

1. JUST IN TIME

The best time to plant blackberries is early spring. If you're feeling eager, plant them a month before winter's last frost if the ground is workable. Planting in late fall works, too—as long as winters temps aren't especially severe.

2. HERE OR THERE?

Plant blackberries in full sun. Also, blackberries don't play well with others. Choose a spot that hasn't had blackberries, blueberries, raspberries, tomatoes, potatoes, eggplants, or peppers growing there in the last few years. Otherwise, leftover diseases or pests from those plants could spread to your blackberries.

3. TESTING, TESTING

Once, you've found the prime spot, test the soil. Blackberries prefer well-draining, acidic soil. Add a handful of compost and Espoma's Organic Soil Acidifier, if needed.

4. GROWING, GROWING, GONE

Plant your blackberry 1 inches deeper than it was growing in its pot. Plant upright varieties 3 feet apart and trailing varieties 5-8 feet apart. Then, water.

5. READY, SET, WAIT

Blackberries don't produce fruit their first year, but they still need TLC to establish. Give them 1-2 inches of water a week, and organically feed throughout the season with Holly-tone.

Growing berries—especially blackberries—does take a bit of patience. We promise, though, its fruit is sweet!





STRAWBERRIES

HOW TO GROW STRAWBERRIES

THE SECRET TO STRAWBERRY SUCCESS

When it comes to choosing which berries to add to your organic garden, you can't go wrong with summer's favorite fruit—strawberries.

And with so many varieties, there is something for everyone.
Pick the variety that works best for you.

Nothing says summer like the sweet taste of homegrown strawberries. So, let's get planting!

CHOOSE WISELY

The first step in planting strawberries is choosing the right variety.

- June-bearing strawberries produce one large harvest in late spring or early summer.
- Ever-bearing strawberries produce 2-3 harvests of fruit intermittently during the spring, summer and fall.
- Day-neutral strawberries continuously produce fruit throughout the growing season when temperatures remain between 35-85 °F.

Ask an associate at your local garden center for recommendations for the best variety for your region.

START PLANTING

Strawberries need lots of sun, so choose a spot accordingly. Soil should be loose and fertile with a pH of 5.5 to 7. If the pH level is too high, add Espoma's Soil Acidifier for ideal soil conditions.

Plant strawberries in the spring as soon as the ground is workable. Space plants about 18 inches apart. Dig holes deep and wide enough to accommodate the entire root system without bending it. Bury the roots, but not the center crown – it requires lots of light and fresh air.

Mix in an organic starter plant food, such as Bio-tone Starter Plus, to keep roots strong.

Encourage growth by adding Espoma's Holly-tone®, an organic plant food perfect for acid-loving plants such as strawberries.

Expect ripe berries about four to six weeks after the plants blossom.





STRAWBERRIES



Strawberries need lots of sun, so choose a spot accordingly.

SMALL SPACE STRAWBERRIES

You can still have delicious strawberries if you garden in a small space. They make perfect container plants! Hanging containers add aesthetic value and are a conversation starter. When plants are off the ground, there is also a decreased risk of pests and disease.



Simply fill a container with [Espoma's Organic Potting Mix](#) and follow the same instructions above for planting strawberries in containers.

Water plants well. Set the container in an area where it will receive at least 6 hours of sun. Rotate the container regularly so all sides receive equal light.

Whether you're planting large beds of strawberries or starting with one small container, these tips will ensure success.

For more gardening tips, visit our website at www.espoma.com, and subscribe to our newsletter!

And don't forget to tag us at [#EspomaGrown!](#)

STOP THE RUNNERS

Runners are long stems that "run" off the main strawberry plant to create new plants. Some are good but too many left unkempt will draw nutrients from the main plant and cause it to stop producing fruit.

Snip excess runners off at the base of the plant. Encourage wanted runners to root by gently pressing the end of the runner into the soil.

BEWARE OF MOLD

Strawberries are especially susceptible to a gray mold known as Botrytis that makes berries rot. Remove affected leaves and fruit ASAP to prevent further spread.

Keep fungi at bay by planting strawberries in a sunny spot and only watering at the base of the plant in the morning. A layer of straw mulch will also reduce fruit rot.

TEMPERATURE

Strawberries love warm weather, but berries suffer once temps rise above 85 degrees. Give them some shade by using row covers that can be found at your local garden center.

FERTILIZE

Encourage strawberries to grow by adding Espoma's Holly-tone® or Berry-tone®, organic plant food perfect for these acid-loving plants.

Check the soil to make sure it's loose and at an ideal pH of 5.5 to 7. If the pH level is too high, add Espoma's Soil Acidifier for ideal soil conditions.





BERRIES



BERRY PICKING 101



FRESH PICKED HARVESTING TIPS

There's nothing more satisfying than growing your own organic berries, and in August your berries are still prime for picking!

Many berries ripen around mid-summer, so by now you already may have some practice with harvesting.

Follow our favorite berry picking tips to get the most out of this year's berry harvest!



1 BLUEBERRIES

Don't pick them until they're fully ripe! Wait until they turn a uniform color and can easily be pulled away from the plant. But don't rely on color alone; check first if the berries are firm, rather than mushy. Store them in the refrigerator after you've collected them.

2 STRAWBERRIES

Keep the cap and stem attached. Store in the refrigerator for 2-5 days.

3 RASPBERRIES

When ripe, raspberries are easily removed from the plant. Refrigerate immediately and use between three and five days after picking. Harvest every few days.

4 BLACKBERRIES

Don't pick blackberries too early! Wait until they dull in color from the black, glossy stage. Pick ripe blackberries every 3-6 days.



BERRIES



BERRY RECIPES

BERRY HEALTHY RECIPES, STRAIGHT FROM THE GARDEN!

Summer berries are a special treat. Yet store-bought berries can't come near the intense and fresh flavor of those picked right off the vine from your very own garden.

Mix and match your favorite home grown, organic berries to make the perfect nutritious and delicious snack. Eat them alone or add to jams, pastries and smoothies.

Now that summer is starting to wind down, try these new recipes to prolong that sweet seasonal freshness.

SLOW COOKER GRANOLA BERRY CRISP

A perfect summertime dessert, made with your choice of berries from the garden. This recipe is light, fresh and healthy—a true seasonal staple!

SUMMER BERRY CHEESECAKE SALAD

With just five ingredients, this recipe combines the sweetness of berries with all the great flavor of cheesecake filling. Makes for a sublime summer fruit salad!

RED BERRY VANILLA ALMOND SMOOTHIE BOWL

Great for breakfast (or any other time of the day), this treat is fewer than 300 calories and takes five minutes to make. It's a great way to add an extra summery punch to your regular breakfast routine.

BERRY WATERMELON FRUIT SALAD

A classic take on combining peak season fruit. You can make this fruit salad well into September. Bonus tip: add a light sprinkle of lime juice before eating!

MINI SUMMER BERRY GALETTES

You've already got your berries ready to go! Just fold your fruits into the pie crust and bake. Now you've got a healthy, sweet summer treat!

And, of course, pancakes...

BLUEBERRY PANCAKES

Pancakes are so simple to make that you can cook them with your kids! For the simplest recipes, you don't even need scales to weigh out the ingredients—all you need is a cup or mug! Just sprinkle in fresh blueberries in the batter and enjoy the burst of flavor in every bite!



What is your favorite way to prepare fresh berries in the kitchen? Try any of these recipes and want to show us a picture? Share your experience with us on our Facebook page!

And don't forget to tag us at #EspomaGrown!



ORGANIC

*Thank you for choosing
Espoma as your source
for organic berries.*

Berries are the jewels of the earth and nature's candy. Not only are berries delicious, they are low in calories and one of the healthiest fruits you can eat. They also add flavor to other nutritious foods as well. We hope that this guide will encourage you to grow your own garden!

We hope you have success with
**ESPOMA'S TOTAL GUIDE to
GROWING ORGANIC BERRIES**

Follow Espoma Organic® on our social channels, and visit us at www.espoma.com and our [blog](#) for product suggestions, videos, and more!

