

## Raspberries Cream Tart

### Ingredients:

- 16.5-ounce roll sugar cookie dough
- 3- ounce cream cheese, softened
- ¼ cup granulated sugar
- 1 egg
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- ½ teaspoon vanilla
- 2 cups Raspberries
- 2 teaspoons granulated sugar

### Instructions:

1. Press cookie dough slices into bottom and fluted sides of a greased 11-inch tart pan with removable bottom. Do not prick. (Or, press onto bottom of greased 12-inch pizza pan.) Bake in a 350 degrees' oven 20 minutes or until light brown. Remove from oven; set aside.
2. In a small bowl, beat cream cheese with an electric mixer on medium-high speed for 30 seconds. Add 1/4 cup sugar, the egg, lemon zest, lemon juice and vanilla. Beat until combined. Pour cheese mixture over warm crust and spread evenly.
3. Arrange the raspberries in a single layer on top of cheese mixture. Sprinkle raspberries with 2 teaspoons sugar. Bake for 15 to 17 minutes more or until or until cheese mixture is set. Transfer to a wire rack; let cool for 30 minutes before serving.
4. Just before serving, sprinkle with powdered sugar.



## Sustainable Food Guide, Raspberries

### Barrington Natural Farm

Dundee, IL



Barrington Natural Farm is an organic LCC that is dedicated to growing locally grown food. The farm mainly produces organic free range chicken, pork, and cattle. The farm also grows other food upon request of clients including raspberries. While the farm main purpose isn't to grow vegetables and fruits it does offer a type of model for LCC farms.



## RASPBERRIES

*Red Raspberries, two-crop*

### RASPBERRIES AT A GLANCE:

- Three types of raspberries
  - Red
  - Yellow
  - Black
- High in Vitamin C
- Low in fat
- Bushes have green leaf's
- A good raspberry farm should be organized

## GROWING RASPBERRIES

### Where should I grow Raspberries?

- Prepare compost and aged manure a couple of weeks before planting. Prepare a 2-foot-wide strip of soil. Create the trellis to manage raspberry growth.

### How do I plant Raspberries?

- Raspberries need to be planted 3 feet apart from one another. Leave at least 8 feet in between rows. Dig hole at least 2 feet deep. Soak roots of plants in water for 1 to 3 hours before planting.

### How do I care for Raspberries?

- Raspberries are a relatively easy plant to tend to. The main maintain is to prune the dead canes to the ground.

### How do I harvest Raspberries?

- Raspberries are easy to harvest if one properly trellises them. Ripen raspberry bushes will be ready to pick a few weeks before blackberries. In a good season one can pick ripen raspberries for weeks. They can be dried out, frozen, or jam to preserve through winter.

## TIPS FOR YOUR BEST RASPBERRIES!

- ✓ Don't plant more than five raspberry bush in a row.
- ✓ Always plant the bush after the trellis is made.
- ✓ Start growing the bush early in the season in a green house. Higher chance of surviving first winter



## BEWARE OF PESTS AND DISEASE!

- The disease and insects that trouble Raspberries are easy to manage.
- The main combat method is to buy virus-free and virus-resistant plants.

### HISTORY OF RASPBERRIES:

Raspberries are indigenous too Asian Minor and to North America. In the middle ages they were seen as a wealthy food. In 1867 Washington started to grow berries on his property. In 1867 there were 40 different variety of raspberries. The modern day raspberries are grown primary in Washington, Oregon, and California. 70% of the Raspberries grown in the United States are grown in Oregon.

## FOOD MATTERS

### What is a food system?

- A food system is the path that food travels from field to fork. It includes the growing, harvesting, processing, packaging, transporting, marketing, consuming, and disposing of food. It also includes the inputs needed and outputs generated at each step.

### Why organic?

- Organic have multiple benefits to the environment and human health. Organics foods avoided adding human made fertilizer, pesticides, growth regulators, and livestock additional to feed. Irradiation and the use of genetically modified organisms (GMOs) or products produced from or by GMOs are generally prohibited by organic legislation.

### Why sustainable?

- Sustainable agriculture is agriculture that fills the demand for food, but also enhances environmental quality and the economic and social quality of farmers and the local community.

### Why local?

- Buying locally cuts down on food miles and the CO2 emissions. Local buying also adds the benefits of getting to know one's farmer.