

NORTHWEST BERRY FOUNDATION'S BERRY RECOVERY PROJECT

Volunteer Instructions for Safe, Professional Harvesting Events

Welcome! Thank you for volunteering your time to share these berries with hungry families in our community. These berries will be donated to a local food redistribution center and shared with our neighbors who need them most. This harvest is part of the Berry Recovery Project, which is a growing movement in the berry industry for producers who want to reduce food waste while helping nourish their communities with healthy, delicious, Oregon berries.

As guests, we ask that you follow these rules Berry Recovery Project and federal food safety rules:

HYGIENE AND CLOTHING

- All volunteers must wash their hands before putting on gloves and entering the field. Re-wash after eating or using the restroom. Please use our wash station for all washing.
- All containers holding produce needs to be clean and kept clean in the field. (not on head)
- Closed toed shoes are to be worn throughout the harvest.
- The clothes and shoes you wear to harvest must be clean.
- No glass containers or latex gloves in the field. Non-latex gloves are available at the check-in table.
- Remove jewelry.
- No eating in the field.

PROPERTY PROTECTION

- Stay within the designated area for this harvest, and make sure your children do too
- Don't step on plants or climb through rows. Use walkways in the field.
- If you take something into the field, bring it out when you leave.
- Look for fecal contamination (animal droppings). If found, please alert a harvest leader and avoid harvesting in that area. Look for bird poop too!
- No eating in the field.

Supervise children

- Supervise your children please. Keep within your view at all times.
- Unsupervised children's families may be asked to leave.

INJURIES

- Please report any injury or unusual incident to a harvest leader.
- If an injury results in blood, it must be bandaged. A first aid kit is located near the handwashing station. If the injury is to the hand or fingers, a glove will need to be worn over the bandage.

PRODUCE QUALITY

- It must be in good quality (not moldy, not overly soft/ over ripe, not rotten). Under ripe produce does not affect the rest of the container but one moldy piece spreads mold throughout. We want shiny, firm berries.
- For strawberries – try to keep caps on the fruit, as bacteria can grow more quickly on the area where the cap was.

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Enjoying your berries after the harvest event

Now that harvest is over, here are some ways to use your nutritious, tasty, Oregon berries. Recipes are courtesy of Oregon's berry commissions. You can find more berry recipes, farm information, and nutrition facts at their websites



STRAWBERRY VANILLA JAM

(recipe c/o the [Oregon Strawberry Commission](#))

This small-batch Strawberry Vanilla Jam is perfect for satisfying the urge to preserve without needing heaps of berries and a canning pot boiling away on the stove. Because honey-sweetened jams are less stable than sugar-sweetened ones, plan on eating this jam within about a month.

INGREDIENTS

1 lb frozen Oregon strawberries, thawed
¾ C honey
¼ C fresh lemon juice
1 vanilla bean, halved lengthwise, seeds scraped
(or
1 teaspoon vanilla extract)



PREPARATION

1. In a large pot over medium-high heat, combine Oregon strawberries, honey, lemon juice, and vanilla bean pod and seeds, if using. Bring to a boil and cook, stirring frequently and using the spoon to break up the berries, until thickened, about 10 minutes.
2. Remove pot from heat, stir in vanilla, if using, or remove vanilla bean pod, and pour jam into a clean glass jelly jar with a tight-fitting lid. Refrigerate and use within a month.

Did you know that strawberries are good for the gut?

1 cup of strawberries provides 3 grams of fiber, both soluble and insoluble. This fiber is important to feed the friendly bacteria in the gut and can lead to improved digestive health.

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TROPICAL MOONLIGHT SMOOTHIE

(recipe c/o the [Oregon Raspberry and Blackberry Commission](#))



In the mood for a more exotic smoothie? Ginger, basil and a hint of vanilla make this blackberry smoothie as refreshing as a calm, tropical evening. This vegan smoothie is made with coconut milk or soymilk, so blend one up for breakfast or dessert!

INGREDIENTS

2 cups of frozen blackberries
1/2 medium or large frozen banana broken into pieces
2 cups of coconut milk (not condensed) or soymilk
1/2 tsp vanilla extract
1/2 tsp of finely grated fresh ginger
1/2 cup of torn up fresh basil leaves

PREPARATION

1. Combined all the ingredients at once and blend until smooth and creamy.

Did you know that blackberries are brain boosters?

Blackberries get their dark, rich color from anthocyanins, compounds that may protect the brain from oxidative stress and reduce the effects of conditions like dementia.

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BLUEBERRY BREAKFAST BARS

(recipe c/o the [Oregon Blueberry Commission](#))

In a world overladen with all kinds of breakfast and granola bars, it can be hard to know you're making the right choice. The easy solution? Make these crispety, crunchety Blueberry Breakfast Bars at home! With these Blueberry Breakfast Bars, you can start the day off with a step in the right direction - the whole blueberries add vitamin C, fiber, and an energizing burst of flavor.



INGREDIENTS

All purpose flour: 1 pound (4 oz)
Baking powder: 1 TBS (1/2 oz)
Salt: 1-1/2 TSP (1/4 oz)
Stick of margarine or butter, softened (8 oz)
Granulated sugar: 1 pound
Eggs: 4
Pure vanilla extract: 2 TSP
Low fat milk: 8 oz
Quick cooking oats: 10 oz
Frozen, unsweetened blueberries: 1 pound
Corn/rice cereal squares (like Chex), coarsely crushed: 12 oz

PREPARATION

1. Have all ingredients at room temperature
2. In a bowl, combine flour, baking powder and salt
3. In a mixer, place margarine and sugar, and with the paddle attachment, mix at low speed until light and fluffy
4. Add eggs and vanilla
5. Beat until smooth
6. Add milk, flour mixture, and oats

7. Beat until blended, scraping down sides of bowl as needed
8. Stir in blueberries
9. Spread evenly in a greased 18x26 inch pan
10. Sprinkle cereal over top
11. Bake at 350 degrees until golden brown and tester comes out clean, about 40 min
12. Cool in pan and then cut in pan into 2-inch squares or 1-1/2 x 3-inch bars

Did you know that blueberries help heal?

In just one serving, you can get almost 16% of your daily requirement of Vitamin C. Vitamin C is necessary for growth and development of tissues and promotes wound healing.