



HOW TO GROW THEM

- Plant dormant black raspberries early in the spring, but wait until after the last spring frost.
- Space the plants three feet apart, with eight to ten feet between rows. If you plant black raspberries in hills, space them six feet apart in all directions.
- For bare-root plants, dig a hole that allows the roots to spread out. For container plants, harden them off in a protected spot outside for a few days before transplanting.
- Dig a hole slightly larger than the container and set the plants 1 inch deeper than the level at which they grew in the nursery.
- Press the soil around the plant and water well. Cut the stems 2 to 3 inches above ground level.

LIGHTHOUSE YOUTH CENTER AT PAINT CREEK

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Located in Bainbridge, OH, the Lighthouse Youth Center at Paint Creek is a residential treatment facility for adolescent boys, ages 14 to 20, who have been adjudicated delinquent by their local juvenile court. Our mission is to provide interventions that promote positive relationships and a responsible lifestyle for juvenile male offenders and their families.

A greenhouse on the Paint Creek campus allows the male residents opportunities to learn critical job skills as well as the opportunity to cook using their grown produce. This enhances learning that takes place at Paint Creek Academy, the on-site charter school.

Proceeds from the sale of black raspberries support the Horticulture Program at Paint Creek.

Lighthouse Youth Services is a **United Way** Agency Partner and a Better Business Bureau Accredited Charity.

For more information, visit www.lys.org.

**BLACK RASPBERRY
SALE!**



**HORTICULTURE PROGRAM
LIGHTHOUSE YOUTH
CENTER AT PAINT CREEK**



HEALTH BENEFITS OF RASPBERRIES

STRENGTHENS IMMUNE SYSTEM

Raspberries are enriched in effective antioxidants as well *phytonutrients*. These elements proficiently reinforce your immune system and help your body to fight diseases.



CAN FACILITATE WEIGHT LOSS

Raspberries are known to be high in fiber and manganese. The fiber in raspberries helps in slowing down the digestive process while the manganese in raspberries helps to keep your metabolism rate high. Together, this helps burn fat.

PREVENTS INFECTIONS AND CANCER

Raspberries are excellent antioxidant food that contains ellagic acid. Raspberries efficiently stop undesirable damage to cell membranes and thus neutralize free radicals. Ellagic acid is a phytonutrient component of raspberry with key substances like kaempferol, quercetin, and the cyanidin-based molecules called cyanidin-3-rutinoside and cyanidin-3-glucosylrutinoside. These flavonoid molecules are again broken into anthocyanins, which gives the berries their rich red color. The anthocyanins of raspberries are responsible for its unique antioxidant properties and also some antimicrobial ones. This promptly cuts down the overgrowth of certain bacteria and fungi in the body. These growths can lead to infections and sometimes even irritable bowel syndrome.

PREVENTS MACULAR DEGENERATION

Three servings of raspberries a day can prove to be a brilliant natural remedy for macular degeneration. Macular degeneration is an age related medical condition which affects vision. Raspberries are a delicious way to prevent macular degeneration!



DELICIOUS IDEAS FOR RASPBERRIES

Add raspberries to your morning cereal or lunch time yogurt. Dress up any green salad with a handful of fresh raspberries and balsamic vinegar. For a different dessert, mix frozen raspberries with a spoonful of honey and some vanilla soy milk. Freeze this mixture for 20 minutes and spoon into serving cups. Garnish with mint and enjoy the healthy treat!