

Wild raspberries, or *Agthamungi* in the Ponca language, were traditionally consumed by Northern Plains tribes along with a variety of other wild berries. They were used for food, fresh in season, or dried for winter use. Young leaves were steeped to make a drink like tea. The root was used medicinally and given to children with bowel issues. Today, you can find wild raspberries across most of the United States tangled up in thorny brambles. They bloom in late spring, and produce berries in the summer. Leave the white ones alone and pull those that are a nice, deep red. Of course you can also find raspberries commercially grown in most grocery stores, too, often fresh or frozen. With 8 grams of fiber and over half of the recommended daily value of vitamin C per 1 cup serving, raspberries can be made part of a healthy diet.

## Raspberry Jam

### Ingredients:

- 5 cups fresh raspberries, ripened
- 2 ½ cups sugar or sugar substitute

### Directions:

Wash your berries and crush to taste in a steel pot. If you like fruit-chunky jam, crush them about half way, for smoother jam crush them a little more, (raspberries will disintegrate quite a bit when heated so you don't have to crush them all the way)

Once the fruit is crushed, add 2½ cups of granulated sugar and mix it up.

Turn the heat to high for the first 5 minutes stirring constantly.

Turn the heat down to medium and stir constantly for about 20-25 minutes.

At about 20 minutes or when your jam starts to look gooey, test the consistency by taking the saucer out of the freezer and dropping a small dollop of jam on it. If it doesn't run or drip off the plate, it's done.

Take the jam pot off the heat, set it aside and let it cool. Can as you would any other jam if desired.

## Raspberry Jam Oat Bars



### Ingredients:

- 1 1/3 cup whole-wheat pastry flour
- ½ cup light brown sugar, firmly packed
- ¼ tsp. salt
- ½ tsp. baking soda
- ½ cup unsalted butter, cut into small pieces
- 2 cups quick oats
- 1 cup raspberry jam

### Directions:

1. Heat oven to 350 degrees F. In a mixer or food processor, place flour, oats, sugar, salt, baking soda, and butter. Pulse several times until mixture is combined and in crumbly dough forms.
2. Spray an 8x8 pan with non-stick cooking spray. Press 2/3 of dough firmly into the pan. Next spread the jam evenly over the crust. Then sprinkle the remaining dough evenly over the jam. Bake for about 20 minutes, then cool completely