Having A Berry Fun Summer

With the heat of July in full swing, berry season in Iowa is officially here. Choose Iowa members across the state are opening their farms for U-pick berries, giving you the opportunity to pick your own berries to take home while enjoying time outside and supporting local growers.

Iowa grows a wide variety of berries including strawberries, blueberries (8 varieties alone are grown at Blueberry Bottom Farm), yellow, purple, black and red raspberries, aronia berries, elderberries, gooseberries, honeyberries, and kiwiberries!



Here are some Choose Iowa members with U-pick berries to add to your summer bucket list:

- Berry Patch Farm in Nevada: Monday – Saturday, 8 a.m. to 6 p.m.
- Blueberry Bottom Farm in Brighton: By appointment
- Edge of the Woods Raspberry Farm in Indianola: Availability updated on Facebook
- Humble Harvest in Monona: By appointment
- Iowa Orchard in Urbandale: By appointment
- Little Deb's Berry Farm in Newhall: Availability updated on Facebook
- Tripple Berry Farm in Linden: Availability updated on Facebook and Instagram
- Wilson's Orchard & Farm in Des Moines and Iowa City: Wednesday – Sunday, 9 a.m. to dusk

You can also find additional Iowa berry producers selling pre-picked fresh and frozen berries on our Find Local Directory!

The fun doesn't have to stop at the field. Explore some delicious and creative ways to eat your berries once you get home, with these recipes created by berry growers themselves:

- Blueberry Thunder Muffin
- Quick Raspberry Trifle
- Spinach Strawberry Salad
- Strawberry Rhubarb Pie

Find more recipes to use while exploring Iowa agriculture here.

Recipe Safety:?As cooking and baking skills differ, Choose Iowa and IDALS cannot guarantee the success, accuracy or safety of any recipe or experience. Choose Iowa and IDALS does not provide any assurance and cannot accept any responsibility related to recipes or any outcomes.

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