

Juneberries and mulberries are native to Kansas. A Juneberry's flavor is similar to a raisin, and mulberries can be sweet or tart depending on the variety.

# MIXED BERRIES

*Kansas*  
Harvest of the Month



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The different colors in berries hold different nutrients. The red color in strawberries and raspberries protect against heart and lung disease, while the dark color of blackberries help prevent blood clots in the heart.