

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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