



Blackberries



Varieties: Blackberry varieties come in thorned or thornless, and erect, semi-erect or trailing. Most commercially available blackberries are produced on thornless, erect plants that are easy to harvest, with the highest yields. Most blackberries in stores are indistinguishable.

Selection: Look for blackberries that are plump and shiny. Avoid berries that have flat seeds, show signs of leaking or are shriveled or moldy in any way.

Storage and Handling: Use fresh berries within 3 days of purchase, for best texture and flavor. Wash only right before eating. Store in packaging that berries come in, which are plastic, helping to keep things moist, rigid, to prevent crushing and slightly ventilated.

Nutritional Benefits: Blackberries provide for an excellent source of dietary fiber, a wealth of antioxidants and Vitamin C, A & E

Nutrition Facts

Serving Size 1 cup (140g)
Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 7g 28%

Sugars 6g

Protein 2g

Vitamin A 6% • Vitamin C 50%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fun Facts:

- * Blackberries are red when un-ripe, and can be confused for raspberries!
- * Blackberries will have a white core that runs the entire length of the berry when ripe.
- * Blackberries are great for your eyesight!
- * Blackberries, AKA Caneberries, are Brambles and are in the Rose family!
- * Blackberries were brought to the US from England, by settlers.
- * It takes 5-7 years before a seedling plant becomes commercially viable!

Easy Ways To Enjoy Blackberries

- * When blackberries are truly ripe, they are the perfect, one ingredient snack. If they seem a bit tart, add a touch of sugar, honey or agave!
- * To freeze berries, wash well and pack into air-tight containers. Frozen berries are ideal for smoothies, as they can take the place of additional ice, which waters down the flavor of the berries.
- * Add blackberries to cereal, salads, cakes and fruit tarts.
- * Make your own jams, jellies and preserves.
- * Toss with cake batter, top with streusel and bake for an incredible, disappearing dessert!

