

Fresh Tips Card



Did You Know???

Blackberries are different from black raspberries. They taste different and blackberries have a solid center while raspberries are hollow when picked.

30 calories per serving	Total carbohydrates 7g
Total fat 0g	Cholesterol 0g
Sodium 0g	Fiber 4g
Sugars 3g	Protein 1g
Vitamin A 4%	Calcium 2%
Vitamin C 25%	Iron 2%

- You should choose blackberries that are plump, firm, and shiny with a dark blue color; not bruised or leaking.
- Refrigerate them for 3-6 days, but ONLY wash them when you are ready to eat them.
- Handle fruit gently to avoid bruising them.
- Never soak berries in water.
- Blackberries are low in saturated fat, cholesterol free, and an excellent source of vitamin C and fiber.

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Make sure to pick up a recipe card at Redner's

Palmer Home Foundation