

# BLACKBERRIES

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).



## GENERAL INFORMATION

**Did you know:** Blackberries grow above the ground on canes. Often seen as an invasive weed, it is native to England and first appeared in Oregon in the mid-1800's.

**In season:** June– September

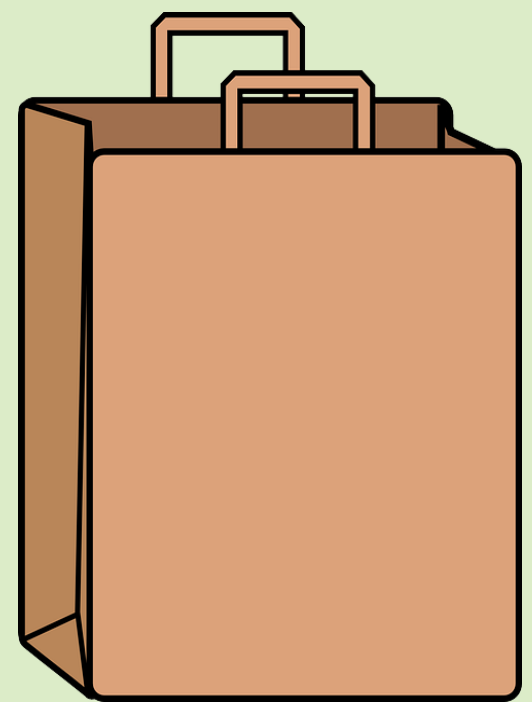
**Key nutrients:** Excellent source of vitamin C and fiber.

## HOW TO SHOP

**What to look for:** Select blackberries that are dry and shiny, without any green or red colors or bruises.

**Methods of preparation:** Wash before using. To freeze fresh blackberries, place them on a cookie sheet with space between each berry. Once frozen lightly move the berries into a bag to store.

**Storage:** Refrigerate blackberries for 3-6 days.



## RECIPE IDEAS

- **Sweeten up your Breakfast.** Mix blackberries into waffle or pancake batter OR on top when they're done.
- **Blackberry sauce.** Combine 1 pint of blackberries with 1/2 cup balsamic vinegar and 2 teaspoons of maple syrup, cook until smooth.
- Top your hot or cold cereal with some blackberries .

