Blackberries

DID YOU KNOW?

- Wild blackberries are often called brambles because they grow on thorny bushes.
- Is a member of the rose family.
- Also known as brambleberries, dewberry, thimbleberry and lawers!
- One bush can yield one or more quarts of fruit!
- Commercially grown blackberries are thorn-less!
- Not really a berry, but an aggregate fruit made of clusters of tiny drupelets that each contain a seed!

BLACKBERRIES
FRESH AND HEALTHY

Blackberries are a healthy addition to any eating pattern. Enjoyed for their tart, sweet flavor, they can easily be served fresh, baked into a pie, or cooked into jam. Blackberries are high in anthocyanins, antioxidant compounds which may help protect against cancer, aging, inflammation, and neurological diseases.

Best Time to Buy:
June - August

Blackberries Benefit U!
- Low in calories
- Saturated fat & cholesterol free
- Excellent source of vitamin C & dietary fiber

1 cup = 62 calories

Add Color to Your Meal
- Toss into a bowl of cereal or yogurt
- Puree and serve over ice cream
- Add to fresh green salad
- Mix into muffins or cobblers
- Blend into a smoothie
- Create a fruit sauce
Rustic Fruit Galette

1 (9-inch) refrigerator pie crust
4 cups fruit, any combination (blackberries, blueberries, peaches)
4 Tbsp sugar
1 Tbsp lemon juice
2 Tbsp flour
½ tsp ginger (optional)
1 egg lightly beaten
1 tsp water
Sugar

1. Preheat oven to 425 degrees.
2. Unfold pie crust and lay on a baking sheet lined with parchment paper.
3. In a bowl, combine fruit, sugar lemon juice, flour, and ginger. Stir gently to coat. Arrange in center of dough, leaving a 2-inch border. Fold edges over the fruit, pressing gently. The dough will only partially cover berries.
4. In a small bowl, whisk together egg and water. Brush dough with mixture, sprinkle lightly with sugar.
5. Bake 10-12 minutes or until crust is golden brown. Cut into 8 wedges.

**Nutrition Facts**

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<th>Serving Size: 1 slice(s) (96g)</th>
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Publication FDNS-E-167-5
January 2017
An Equal Opportunity Employer/Affirmative Action Organization
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