

Fun Facts about

BLACKBERRIES

- Blackberries contain dietary fiber, folate, manganese and Vitamins C and K.
- Blackberries have the highest antioxidant content per serving of any food.
- Blackberries are not true berries. Each little bump in the “berry” is a fruit, or “drupelet” containing its own seed.
- Blackberries grow wild all over the world, on every continent except Australia and Antarctica.
- Blackberries did not get cultivated for gardens until 1880.

