

- Blackberries are packed with antioxidants including anthocyanins, which help give them their deep color.
- Raw blackberries provide a substantial amount of dietary fiber, vitamin c, vitamin k, and significant amounts of manganese and potassium.
- Blackberries have a low glycemic index.

Selection and Storage

- Choose blackberries that are deep purple or black. Avoid ones with red or green spots because they aren't ripe yet.
- Store unwashed blackberries in a paper towel-lined container in the fridge (32– 34°F). They'll stay fresh for about five days.
- Make sure there's no fuzzy mold on the berries. If you see mold, don't buy them it can spread quickly.

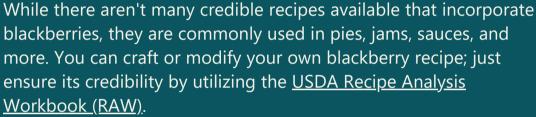
Fun Facts

- Blackberries aren't technically berries.
 Each one is made up of lots of little fruits called drupelets, all clustered together.
- Blackberries have been eaten by people for thousands of years, with evidence showing they were enjoyed in Europe, Asia, and North America.
- Blackberries are used in many dishes, like pies, jams, and desserts. You can also use them in salads, sauces, drinks, and even savory dishes!
- Washington has a native type of blackberry called the Trailing Blackberry (Rubus ursinus). These small, flavorful berries grow naturally in forests and open areas.



Recipes*

- Berry Medley and Quinoa Breakfast Bake ICN Recipe Box
- Easy Overnight Oats and Berries ICN Recipe Box
- Very Berry Parfaits ICN Recipe Box
- Baked Berry Oatmeal Food Hero
- <u>Unique Pasta Salad</u> VT Feed





*As a reminder, the CACFP sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

- <u>Berries Activity Plan</u> Harvest for Healthy Kids
- <u>Plant Parts Lesson Plan</u> Seattle Farm to Preschool Program (Pre-k)
- Food Hero has many nutrition education resources available to support your Harvest of the month program. Check out their <u>blackberry basics</u> information sheet (<u>Spanish</u>), and <u>blackberry/raspberry coloring sheet</u> (<u>Spanish</u>)
- Berries Washington Grown Harvest of the Month

Sourcing

- Use the <u>Washington Food and Farm Finder</u> to find blackberries and other seasonal foods from local producers. Check out the <u>WSDA Finding Farms</u> webpage for other resources.
- Can't find blackberries in your area to feature? Substitute strawberries, blueberries, raspberries, or cherries (sweet varieties).
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit and USDA's Seasonal Produce Guide</u>.