



Harvest of the Month

BLACKBERRIES

Nutrition Information

- 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
- [Unique Pasta Salad](#) – VT Feed



While there aren't many credible recipes available that incorporate blackberries, they are commonly used in pies, jams, sauces, and more. You can craft or modify your own blackberry recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).

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

Educational Resources

- [Berries Activity Plan](#) – Harvest for Healthy Kids
- [Plant Parts Lesson Plan](#) – 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 [blackberry basics](#) information sheet ([Spanish](#)), and [blackberry/raspberry coloring sheet](#) ([Spanish](#))
- [Berries](#) - Washington Grown Harvest of the Month

Sourcing

- Use the [Washington Food and Farm Finder](#) to find blackberries and other seasonal foods from local producers. Check out the [WSDA Finding Farms](#) 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 [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).