



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*

- [Baked Berry Oatmeal](#) – Food Hero
- [Berry Delicious Applesauce](#) – ICN Recipe Box
- [Prairie Parfait](#) – ICN Recipe Box
- [Berry Cornmeal Muffins](#) – ICN Recipe Box (substitute blackberries for blueberries)



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 School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

- [Bunches of Berries](#) – National Agriculture in the Classroom (Grades 3-5)
- 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
- [Freshest Fruits](#) – Washington Agriculture in the Classroom (Grades K-2)

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](#).