



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

BLACKBERRIES

— RECIPE CORNER —

Rustic Fruit Galette

Frozen puff pastry dough

4 cups fruit, any combination
(blackberries, blueberries, peaches)

4 Tbsp sugar

1 Tbsp lemon juice

2 Tbsp flour

½ tsp ginger (optional)

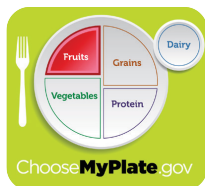
1 egg lightly beaten

1 tsp water

Sugar

1. Allow frozen puff pastry to thaw in refrigerator overnight or at room temperature for 30 minutes. Pastry dough should be cold and pliable, but not soft.
2. Preheat oven to 400°F.
3. Line a baking sheet with parchment paper. Place cold pastry in the center and cut into a large circle. Reserve pastry scraps (see note).
4. With a lightly floured rolling pin, roll dough into a 12-inch circle. Prick dough with fork.
5. In a bowl, combine fruit, sugar, lemon juice, flour, and ginger. Stir gently to coat. Arrange in center of dough, leaving a 3-inch border. Fold edges over the fruit, pressing gently. With wet fingers, squeeze together any tears or holes. The dough will only partially cover berries.
6. In a small bowl, whisk together egg and water. Brush dough with mixture, sprinkle lightly with sugar. Bake 15-20 minutes or until pastry is golden brown. Let stand 30 minutes. Cut into wedges.

Note: Don't toss leftover pastry scraps! Sprinkle with cheese and herbs, then bake for a savory treat; or dust with cinnamon-sugar and bake for a sweet treat!



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FAST FACTS

SELECTION

Choose fully ripe, firm berries that are shiny and not bruised or leaking.

STORAGE

Handle gently to avoid bruising. Store in shallow container to allow air circulation and prevent crushing. Refrigerate blackberries for 1-2 days; rinse in cool water just before using.

PREPARATION

Wash carefully in cold water, discarding soft, under-ripe or defective fruit. Never soak berries!

PRESERVATION

Dry Pack – Place berries in a single layer on a cookie sheet, freeze until solid. Pack frozen berries into containers, leaving ½ inch headspace. Seal and freeze.

For more information on preservation call: 1.800.ASK.UGA1

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