



# Blackberries

The **blackberry** is an aggregate fruit consisting of many smaller fruits called drupelets. These drupelets are arranged in a circular fashion. Each drupelet is composed of juicy pulp with a single tiny seed. The fruit when ripe is dark purple with a smooth, fragile skin.



Like other berries, blackberries are commonly eaten fresh right out of the hand. You can also use these versatile fruits in baked goods, add them to fruit or vegetable salads or cereal, or turn them into jellies or sauces. Mix blackberries with apples, kiwi and strawberries to make a delicious fruit salad, use to top ice cream or other desserts or use as a condiment with meat or seafood.

Blackberries are a good source of fiber and essential vitamins and minerals and have a number of potential health benefits. Blackberries have some of the highest antioxidant levels of any fruit. They are particularly high in anthocyanin, a dark-colored antioxidant that gives blackberries their characteristic purple-black tone. The antioxidants in blackberries may help reduce the risk of heart disease and certain types of cancer.

Both conventional and organic blackberries are available year round depending on the different growing regions throughout the United States and Mexico.

Blackberries are typically packed in either a 12 x 125g clamshell or a 12 x 170g clamshell.

## Blackberry Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California					✓	✓	✓	✓	✓	✓		
Pacific NW								✓	✓	✓	✓	
Mexico	✓	✓	✓	✓	✓					✓	✓	✓