



Black(berry) Beauty



Fresh BC blackberries are an excellent, low-calorie source of fibre, Vitamin C and antioxidants. Just one ½ cup of these delicious berries provides four grams of dietary fibre and over 25% of your recommended daily intake of Vitamin C. The vitamins, antioxidants and fibres in blackberries may help to lower blood cholesterol, slow the growth of cancerous tumours, and help reduce the risk of certain cancers like esophageal and colon cancers. Pay attention to colour--the darker the blackberry, the higher the antioxidant count.

| NUTRITIONAL FACTS | |
|---------------------------|---|
| Serving Size: | 1 cup cooked, boiled and drained without salt |
| Calories | 33 |
| Total Fat | 0g |
| Total Carbohydrate | 7g |
| Fibre | 4g |
| Vitamin C | 16 mg |

There are more than 10 different varieties of blackberry grown in Canada including the sweet, tart *Ollalie*, the tangy *Marion* and the mild-tasting *Chester*. Blackberries are grown on farms in southern BC and also grow in the wild in dry open woodlands and along roadsides.

Tips for Picking, Buying & Storing Blackberries

- When picking or buying loose blackberries, choose berries that are plump, firm and free of moisture or mould. The highest quality blackberries will have a uniform dark colour.
- Do not wash fresh blackberries until you are ready to eat them. Store them, unwashed in the refrigerator. Blackberries may be refrigerated for up to two days in their original container or spread out on a plate and covered with plastic wrap.
- Blackberries may be frozen, unwashed, by spreading them on cookie sheets and placing in the freezer until fully frozen. The frozen berries can then be placed in freezer bags or rigid plastic containers and replaced in the freezer.

Tips for Preparing and Eating Blackberries

- Wash berries just before use by placing them gently into a strainer and rinsing them under cool running water.
- Frozen blackberries may be used straight from the freezer in recipes. Simply rinse the berries under cold running water before use.
- **Breakfast:** top oatmeal, cold cereal, granola or yogurt with fresh blackberries for extra colour, flavour and nutrients, add fresh blackberries to your favourite muffin or pancake recipe, or blend with a banana and yogurt or silken tofu for an antioxidant-rich smoothie.
- **Lunch or Dinner:** add blackberries to steamed green beans, spinach salad or salad dressings for vitamin-rich zip, put a new twist on roasted turkey or chicken by substituting blackberries for cranberries in your favourite cranberry sauce recipe, or make a blackberry glaze for fish or meat by simmering blackberries with lime juice, fresh ginger and sugar.