



Blackberries

Plant: Blackberries should be placed at least 2 feet apart from other seeds and 7 feet from another row. Trellising may be beneficial for support.

Grow: Blackberries should be grown away from primary gardens and other plants because it can grow very quickly and take over. They grow on thorny canes and should be placed in full sun.

Harvest: Blackberries grow fruit on their second year canes. Harvesting should occur as soon as the berries turn very dark, deep purple color.

Nutrition Facts	
Serving Size 1 cup (144.0 g)	
Amount Per Serving	
Calories 62	Calories from Fat 6
% Daily Value*	
Total Fat 0.7g	1%
Saturated Fat 0.0g	0%
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 0.1g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 13.8g	5%
Dietary Fiber 7.6g	31%
Sugars 7.0g	
Protein 2.0g	
Vitamin A 6%	Vitamin C 50%
Calcium 4%	Iron 5%
* Based on a 2000 calorie diet	

Nutritional Information:

Blackberries are one of the highest fiber fruits in the world due to the skin and seeds. They are also high in the antioxidant anthocyanin, which helps to reduce inflammation and prevent cancer. They are also high in vitamin C, which helps protect our immune system.

How to Prepare: Blackberries can be eaten raw or cooked, or made into jams, syrups, or other preserves. The root can also be consumed cooked after boiling. If it is a young root, it should be consumed raw. The leaves may be used in teas.



Whole Grain Blackberry Spice Muffins

Yields: 17 muffins

Serving size: 1 muffin

Ingredients

2 cups all-purpose flour
1 cup rolled oats
1 cup packed dark brown sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon apple-pie spice
1 cup fat-free milk
3 tablespoons butter, melted
1 teaspoon vanilla extract
1 large egg, lightly beaten
1 1/2 cups blackberries, chopped
Cooking spray
1/4 cup granulated sugar

Preparation

1. Preheat oven to 400' F.
2. Combine flour and next 6 ingredients (through apple-pie spice) in a large bowl. Make a well in center of mixture. Combine milk, butter, vanilla, and egg in a small bowl; add to flour mixture, stirring until just moist. Gently stir in blackberries.
3. Spoon 1/4cup batter into each 17 paper-lined muffin cups coated with cooking spray. Bake at 400' for 16 minutes. Sprinkle muffins with granulated sugar; bake 3 minutes or until muffins spring back when touched lightly in center. Cool in pans 10 minutes on wire racks.

Nutrition Facts per Serving:

177 calories, 6 g fat, 34 g carbohydrates, 1.8 g fiber, 3.5 g protein