

Taste Test: Blackberries



Blackberries look exactly how their name describes: a deliciously juicy black berry. This berry has a smooth, fragile skin and is composed of many seed-containing sacks, called droplets, which cluster together around an inner greenish-white core. The blackberry is very sweet and somewhat tart. They are commonly grown in Canada, Serbia, and Mexico.

Food Fact

Blackberries are one of the most antioxidant-rich fruits.

How to Choose:

- Ripe blackberries are deep purple in colour
- A delicious blackberry will have large droplets
- Avoid small and shrivelled blackberries
- Be aware the mold can easily blend into the dark colour of the fruit

How to Prepare:

- Simply remove them from the container, run them under cold water, and serve

How to Store:

- In the refrigerator for up to one week
- If you have extra blackberries, you can freeze them.
 - Lay washed berries on a cookie sheet and freeze for one hour.
 - Transfer the berries to an air-tight container to be kept in the freezer.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try blackberries again?

YES NO

Ideas for Serving Blackberries:

- Blackberries are delicious in a fruit smoothie.
- Top a bowl of blackberries with a dollop of vanilla yogurt and chopped walnuts.
- Add blackberries to oatmeal or cereal for more colour and flavour.

Berry Smoothie

Makes 6 servings

Ingredients:

- 1 banana, broken into chunks
- 1 cup low-fat strawberry flavoured yogurt
- 1 cup unsweetened orange, strawberry, and banana juice
- 1 cup mixed frozen berries (strawberries, blueberries, raspberries, and blackberries)

Directions:

1. In a blender, on high speed, blend banana, berries, yogurt, and juice for 30 seconds or until smooth.



Recipe from <https://www.cookspiration.com/recipe.aspx?perma=FA4DAAE5C9C&g=31>

Getting children involved in cooking at home makes them more likely to eat fruits and vegetables and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx - Accessed July 20, 2012