



Berry, Blackberry

Purchasing Specifications

Availability:

Year round

Growing Regions:

Guatemala, Chile, Mexico, USA

Receiving Information:

- Leaky berries: Indication of over-ripe fruit - inspect blackberries carefully and use shortly after arrival.
- Fruit breakdown or collapse: Indication of freeze damage.
- Green berries; caps attached: Green berries or those with caps still attached are under-ripe and should not be used.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Washing: Berries are often picked and packaged right in the field so it is important to wash them before eating. Never rinse your berries until just prior to use. Any moisture will hasten the breakdown of the berries. Gently rinse berries with cool water just before eating.
- Refrigeration: Keep berries in the refrigerator at all times until you are ready to use them. Berries left out of refrigeration have a substantially shorter shelf life and will break down quickly.
- Mold: Remove moldy berries from your package immediately as mold will quickly spread to the other berries.

- Phytochemical; Ellagic acid
- Usage: Good for eating fresh as a snack and for use in baking, sauces, salads and preserves.
- Color; Purple/black
- Scientific Name: Rubus fruticosus
- Skin Texture: Smooth and glossy
- Taste: Very sweet, bold and rich flavor.
- Blackberries contain ellagic acid, which has been shown to have viral and bacteria fighting properties.
- These berries can be low-fat, saturated fat-free, sodium-free, cholesterol-free, high in fiber, vitamin C and a good source of folate.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 62		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 1mg	0%	
Total Carbohydrates 14g	11%	
Dietary Fiber 8g	31%	
Sugars 7g		
Protein 2g	4%	
Potassium 223mg	5%	
Vitamin A 2%	Vitamin C 40%	
Calcium 4%	Iron 5%	

*Percent Daily Values are based on a 2,000-calorie diet.