



PICK OF THE MONTH

August 2010

Brilliant Blackberries!

Nutrition information: One Cup of Blackberries

62 calories
2g protein
13.84g carbohydrates
7.6g fiber
233mg potassium
308 IU vitamin A
30.2mg vitamin C
42mg calcium

Berry Ice Cream Soda

1 cup puréed raspberries
2 Tbsp Splenda
2 cups club soda
1 1/2 cups fresh blackberries
6 cups plain frozen yogurt

Mix puréed raspberries, club soda and Splenda. Scoop frozen yogurt into six glasses. Add 1/4 cup of blackberries to each glass. Pour raspberry soda over frozen yogurt. Enjoy!

Nutritional Information: 230 calories, 0g fat, 130mg sodium, 46g carbohydrates, 2g fiber, 10g protein

Recipe from Oregon Raspberry and Blackberry Commission and SLCH Nutrition staff.

According to the Northwest Grape and Berry Network, Oregon is the “leading blackberry production region in the world.”

Blackberries are generally available in Oregon from Aug. 10 to Sept. 15. They’re high in vitamin C, which is essential for the formation of blood vessels, tendons, ligaments and bone.

They’re also high in fiber, which is essential for regularity and prevention of several different types of cancer. Adults need approximately 25 to 30 grams of fiber per day, and a half-cup of blackberries provide 4 grams of fiber.

Blackberries are rich in antioxidants, and they contain ellagic acid, which is known for its antioxidant and anti-cancer properties. Studies show that ellagic acid may bind with cancer causing molecules and therefore make them inactive.

The Journal of Agricultural and Food chemistry states that cane berries grown in Oregon - including blackberries - have high antioxidant activity and “can be an important part of a healthy diet.”



Selection and Preparation

When purchasing blackberries, make sure they are shiny and black. Make sure the container isn’t stained with blackberry juice. Store your blackberries uncovered in the refrigerator, and wash them just before you eat them. Fresh blackberries should be eaten within two to three days because they have a very short shelf life.

If you’re not eating them immediately, you can freeze or can them and enjoy them later. Blackberries have the fullest flavor when they’re eaten at room temperature.

For more information about Oregon berries, visit the Oregon Raspberry and Blackberry Commission online at www.oregon-berries.com.

Check your local grocery store or fruit stand for fresh blackberries today!

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