



Selection:

Choose berries that are firm, plump, shiny, and dark-colored. Avoid berries that are bruised or leaking and packages that contain moldy berries.

Storage:

Store unwashed blackberries in the refrigerator in a container with a lid for 3 to 6 days. To freeze, place rinsed blackberries on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a container with a lid and freeze for up to 9 months.

Refrigerator: 3 to 6 days

Freezer: Up to 9 months

Use:

Rinse blackberries thoroughly just before preparing. Discard any shriveled or moldy berries. Blackberries are good for both cooking and eating raw. If baking with frozen berries, do not thaw before using or the juice and color will bleed or leak out. Gently add berries to batter as the last step before baking. Fresh berries will not bleed unless their skin is torn or broken.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Blackberries are usually sold in a prepackaged container. If they are sold per pound, weigh produce to find out exactly how much it will cost. Place the number of blackberries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Blackberries

Use this table to find the total cost.

Example: What is the total cost for 1 lb of blackberries at \$1.09 per lb? **1 lb x \$1.09 = \$1.09**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

1 cup Blackberries

Nutrition Facts	
Serving Size 1 cup (140g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 5
<hr/>	
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 2g	
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Vitamin A 6%	• Vitamin C 50%
Calcium 4%	• Iron 4%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 cup of blackberries.

Recipe:

Blackberry Shake

Preparation Time: 5 minutes

Serves 2

Cups of Fruit per Serving: 1

Ingredients:

- ½ medium banana, peeled and sliced
- 1 cup unsweetened frozen blackberries
- ½ cup low-fat (1%) milk or soft tofu
- ½ cup 100% orange juice

Preparation:

- 1.) Place all ingredients in a blender.
- 2.) Cover tightly and blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
- 3.) Pour into 2 glasses and serve.

Nutrition Information per Serving:

Calories 106, Total Fat 0.9 g, Saturated Fat 0.4 g, Cholesterol 3 mg, Sodium 30 mg, Carbohydrates 23 g, Dietary Fiber 2 g, Protein 3 g.

