

# Harvest of the Month

Blackberry

Calories

62

Total Fat

0.7g

1  
Cup

Sodium

1mg

Sugars

7g

## FUN FACTS:

The blackberry is a purplish-black, sweet and juicy berry. The U.S. is the leading producer, and Oregon is the top producer in the nation.

Blackberries are a great healthy snack by the handful. When cooked, the flavor of the blackberry is intensified.

Blackberries are an “Anti-Oxidant Powerhouse.” They are considered to be one of the strongest antioxidant foods consumed in the U.S.

This institution is an equal opportunity provider.

