

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

BLACKBERRIES



Blackberries can be eaten raw, dried, or cooked. When fully ripe, blackberries turn from green to red to black. The soft fruit is popular for use in desserts, jams, and seedless jelly. It is often mixed with apples for pies and crumbles. Blackberries are also used to produce candy. Mexico grows the most blackberries. In the United States, blackberries are mostly grown in Oregon.

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