



## Geography/History

**Blackberries** were enjoyed before recorded history. We know this because from the Stone Age to around 8000 B.C. human nourishment was obtained by "gathering" berries. Later as man progressed, farming replaced gathering and edible berries were "picked". The term blackberry is often used as a generic term that refers to a wide range of bush berries that are considered blackberries. These include loganberries, boysenberries, Marion berries and ollalieberries.



See the table below for in depth analysis of nutrients:  
 Blackberries (*Rubus fruticosus*), ORAC Value 5347 µmol TE/100 g,  
 Nutritive Value per 100 g,  
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	43 Kcal	2%
Carbohydrates	9.61 g	7%
Protein	1.39 g	2%
Total Fat	0.49 g	2%
Cholesterol	0 mg	0%
Dietary Fiber	5.3 g	14%
<b>Vitamins</b>		
Folates	25 µg	6%
Niacin	0.646 mg	4%
Pantothenic acid	0.276 mg	5.5%
Pyridoxine	0.030 mg	2%
Thiamin	0.020 IU	2%
Vitamin A	214 IU	7%
Vitamin C	21 mg	35%
Vitamin E	1.17 mg	8%
Vitamin K	19.8 µg	16.5%
<b>Electrolytes</b>		
Sodium	1 mg	0%
Potassium	162 mg	3%
<b>Minerals</b>		
Calcium	29 mg	3%
Copper	165 µg	18%
Iron	0.62 mg	8%
Magnesium	20 mg	5%
Manganese	0.646 mg	3%
Selenium	0.4 µg	1%
Zinc	0.53 mg	5%
<b>Phyto-nutrients</b>		
Carotene-β	128 µg	--
Carotene-α	0 µg	--
Lutein-zeaxanthin	118 µg	--

## Description/Taste

When ripe, **Blackberries** are a purple-black color. Blackberries taste best when their glossy shine becomes dull and their color is more black than purple. Some varieties contain seeds, and depending on ripeness blackberries taste tart-to-sweet. Fresh blackberries have nearly limitless applications sweet, savory, cooked, raw, whole, mashed, pureed or muddled, they're perfect for them all. Bake whole berries into pies and cobblers, or add them to cakes and muffins.

