



Blackberries



Selection

- Upon ripening, blackberries become dull-black in color and are just beginning to soften and get sweet. Fruit is medium to large size. The small depression in each drupelets should be well filled. They should be solid and have plump, juicy fruitlets. Choose fully ripe berries. Berries do not ripen after being picked.
- Look for stains on containers which indicate crushed or bruised fruit. The berries should be free of dirt, mold, or decay.

NUTRITION FACTS				
Serving Size: 1 cup berries (100g)				
Amount Per Serving				
Calories 52	Calories from Fat 3.5			
	% Daily Value			
Total Fat 0.4g	0%			
Saturated Fat 0g	0%			
Cholesterol 0mg	0%			
Sodium 0mg	0%			
Total Carbohydrates 13g	4%			
Dietary Fiber 5g	21%			
Sugars 7.5g				
Protein 0.7g				
Vitamin A	3%	.	Vitamin C	4%
Calcium	3%	.	Iron	3%

Preparation & Storage

- Handle fruit gently to avoid bruising. Bruising shortens the life of fruit and contributes to low quality.
- Sort carefully and place berries loosely in a shallow container to allow air circulation and to prevent the berries on top from crushing those underneath.
- Berries are highly perishable. Store immediately in the refrigerator.
- Do not wash berries before refrigerating.
- Store covered containers of berries in a cool, moist area of the refrigerator, such as in the hydrator (vegetable keeper), to help extend the usable life of the fruit. Blackberries can be stored one to two days in the refrigerator.
- To prepare, wash berries gently in cold water. Lift out of water and drain.
- Never soak berries in water.
- Remove berries which are too soft or decayed.



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Freezing

After rinsing, let dry on towels. If you desire for berries to retain their shape during freezing, place in single layer on cookie sheet and place in freezer until frozen. Remove from cookie sheet, place in bags and return to freezer. If you don't care that berries retain their shape, after rinsing, let dry and then place in freezer bags and freeze. Berries done this way will tend to freeze into one individual large clump. Label berries with date frozen.

Low Sugar Blackberry Freezer Jam Recipe

3 cups crushed blackberries (approximately 1½ quarts fresh berries)
2 cups water
1 – 1.75 oz. box of No or Low Sugar pectin
Sugar or non-sugar sweetener (to your taste preference)

Rinse blackberries and remove stems. Crush one layer at a time. Combine 3 cups blackberries and 1 cup of water. Add up to 3 cups of sugar or a non-sugar sweetener (to your taste), if desired. Mix thoroughly and let stand 10 minutes. Gradually stir in 1 package of No or Low Sugar pectin into 1 cup water in a small saucepan. Boil 1 minute over medium-high heat, stirring constantly. Transfer cooked pectin mixture to a large bowl. Slowly stir fruit mixture into pectin mixture; continue stirring for 3 minutes. Ladle jam into jelly jars or some type of freezeable container, leaving ½ inch of headspace. Screw or place lids on tightly. Let jam stand in refrigerator until set, but no longer than 24 hours. Store in freezer For up to 1 year or keep in refrigerator for up to 3 weeks. Yields approximately 5 - 8 ounce jars. ENJOY!!!!

Thanks for visiting. We hope that you enjoy our berries.

Information for this bulletin provided by Ohio State University Fact Sheet Selecting, Storing and Serving Ohio Blueberries, Blackberries and Raspberries (Barbara H. Drake) #5511-93 and Sandy Kuhn, Berry Program Specialist, OSU South Centers. Visit <http://ohioline.osu.edu/lines/fruit.html> for more information.

For more information on preserving berries, contact your county office of Ohio State University Extension for Home, Yard & Garden Fact Sheets #5343-91, "Basics for Canning Fruit;" #5332-91, "Freezing Fruits;" #5335-91, "Jams, Jellies and Other Fruit Spreads;" and #716, "Home Drying of Foods;" and #591, "Growing and Using Fruit at Home."

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