



BLACKBERRIES

SUMMER



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Prepare the planting site by removing all weeds and sod. Plant blackberry plants in early spring in an area with excellent drainage. Space plants 2 to 3 feet apart in a row, at the same depth the plants were growing at when they were purchased. Learn more at <https://bit.ly/UAEXBlackberry!>



PREP

Discard any bruised, discolored, or soft blackberries. Remove any remaining stems. Do not wash blackberries before storing in refrigerator. Wash the berries thoroughly with water before use. Prepare blackberries raw, frozen, jellied, jammed, or as an added ingredient to an entrée.



EAT

Begin your day with toast or a biscuit topped with blackberry jam or jelly! Enjoy a fruit salad with blackberries, grapes, and more. Top your salad with blackberries and your favorite protein! Sip a cool, refreshing smoothie made with blackberries. Savor a sweet piece of blackberry pie for dessert!



LEARN

Blackberries most likely originated from Armenia. Blackberries are a **fruit** and are high in vitamin C, which supports the immune system and maintenance of bones and teeth! Blackberry production contributes about \$10 million to the Arkansas economy every year!

