

Harvest of the Month

Blackberries

Calories

62

Total Fat

0.7g

1
Cup

Sodium

1mg

Sugars

7g



FUN FACTS:

Blackberries are native to every continent except Antarctica. There are over 1000 varieties.

Blackberries are an “Anti-Oxidant Powerhouse,” and proven to be the most potent cancer-fighting berry of them all.

Over one billion pounds of blackberries are distributed all over the world each year.

They are a great healthy snack by the handful.

