

HARVEST OF THE MONTH: BLACKBERRIES



Fun snack ideas!

HOW TO EAT BLACKBERRIES:

1. Blackberries, fresh or frozen, make a great topping on yogurt, oatmeal, cereal, and pancakes.
2. They also make a great addition to smoothies and fruit salads!
3. You can even use blackberries to bake with or create a delicious homemade jam.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for berries that are plump with no mold, decay, or spoilage.
2. Make it a fun activity by going to a “pick-your-own” patch to collect your own fresh berries!
3. Wash, drain, cover, and store blackberries in the refrigerator and use within a couple of days.

NUTRITION FUN FACTS:

- Blackberries are packed with fiber which helps to keep you feeling full and keeps your digestive tract healthy. Just 1 cup provides 8 grams of fiber!
- Blackberries are also a great source of vitamin C. Vitamin C aids in wound healing and iron absorption, and acts as a powerful antioxidant to keep the body healthy!

BEST TIME TO EAT:

MID JUN-JUL
SEPT



RECIPE: BAKED BERRY OATMEAL

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20 to 30 minutes.
7. Refrigerate leftovers within 2 hours.

INGREDIENTS

- 2 cups rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 eggs
- ½ cup packed brown sugar
- 1 ½ teaspoons vanilla
- 2 cups nonfat or 1% milk
- 4 teaspoons margarine or butter, melted
- 2 cups berries, fresh or frozen
- ¼ cup chopped walnuts (optional)

<https://www.foodhero.org/recipes/baked-berry-oatmeal>

ACTIVITY: VERY BERRY COLORING

Color in this bunch of blackberries to create a beautiful and yummy work of art!

Image created by Super Coloring

