



FOOD FOR THOUGHT:

Beautiful Blackberries

BLACKBERRY FUN FACTS:

- A blackberry is not a single fruit - it's actually a mega berry composed of lots of individual berries.
- Blackberries are part of a large plant family known as brambles. A bramble is any rough, tangled, prickly shrub.
- Blackberries turn from green to red to black when they're fully ripe.



TRY BLACKBERRIES IN MORE WAYS THAN ONE!

- Fresh, dried, frozen, or cooked
- Blended in a smoothie
- In a mixed berry cup
- Baked in a blackberry cobbler



DID YOU KNOW?

- Black raspberries look a lot like blackberries. So how do you tell them apart?
- Blackberries will always have a white core, whereas black raspberries are hollow in the center.



TRIVIA QUESTION:

Blackberries are in season during the late spring/early summer months. In what months would blackberries be in season?

- A APRIL-JUNE** **B JULY-SEPTEMBER**
C OCTOBER-DECEMBER **D JANUARY-MARCH**

Flip page for answer *



BLACKBERRY YOGURT PARFAIT

Servings: 2 Each

Ingredients:

- 2 cups blackberries, fresh
- 1 cup vanilla Greek yogurt
- ½ cup granola
- 2 tablespoons maple syrup or honey

Instructions:

1. Wash and prepare blackberries.
2. Scoop ½ cup of yogurt into a dish (bowl or cup).
3. Place half of the blackberries on top of the yogurt.
4. Drizzle 1 tablespoon of maple syrup (or honey) on top of the fruit.
5. Place ¼ cup of granola on top of the drizzled maple syrup.
6. Repeat steps 2-5 for the second parfait.
7. Serve and enjoy.



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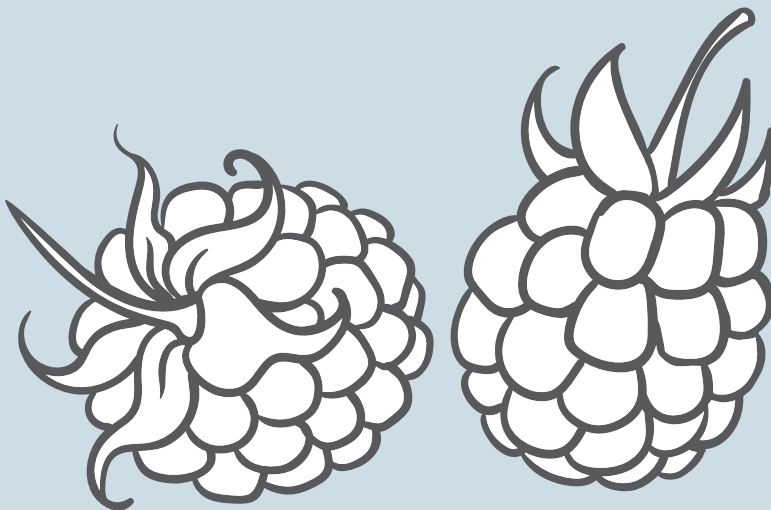
FIND THE BERRIES & FRUIT

MANGO
PEAR
STRAWBERRY
BLACKBERRY
LIME
CHERRY
APPLE
KIWI
FIG
ORANGE
GRAPE
LEMON
PEACH
GUAVA
PLUM

L	G	M	A	G	S	M	L	P	P
E	R	A	N	U	T	Y	E	L	E
M	A	N	D	A	R	I	N	U	A
O	P	G	N	V	A	O	W	M	C
N	E	O	E	A	W	P	I	O	H
B	L	A	C	K	B	E	R	R	Y
M	I	P	P	N	E	A	N	A	K
R	M	P	E	P	R	R	A	N	I
N	E	L	A	T	R	F	I	G	W
C	H	E	R	R	Y	K	R	E	I



COLOR IN THE BLACKBERRIES



FRUIT _____

FLOWER _____

LEAF _____

THORN _____

STEM _____

