

Fresh Fruit & Vegetable Program: March 2023

Featured Fresh Fruit: **BLACKBERRIES**



Health Benefits:

1. High in Fiber – heart healthy and promotes stable energy
2. Vitamin C – immune system and healing
3. High in Antioxidants – reduces risk of heart disease and cancer



Fun Facts:

1. Blackberries have one of the highest levels of antioxidants of any food!
2. Blackberry plants are considered a “bramble” crop due to the thorns that cover the bush – they are related to the rose plant!
3. The fruit is not considered a berry, but rather an aggregate fruit of numerous drupelets ripening to a dark purple fruit we call the “blackberry.”

