



Local Food For Schools

BLACKBERRIES

Promotional Resources

Fun facts

- Blackberries contain dietary fiber, folate, manganese and Vitamins C and K.
- Blackberries have the highest antioxidant content per serving of any food.
- Blackberries are not true berries. Each little bump in the “berry” is a fruit, or “drupelet” containing its own seed.
- Blackberries grow wild all over the world, on every continent except Australia and Antarctica.
- Blackberries did not get cultivated for gardens until 1880.

Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students’ knowledge of healthy eating and where food comes from.

- [Washington Grown Harvest of the Month - Berries](#)
- [Vermont Harvest of the Month Lessons – Berries](#)
- [Food Hero – Raspberry and Blackberry Basics \(Spanish\)](#)
- [Oregon Harvest for Schools Classroom Connections – Cane Berries](#)



Know your distributor

Farmstand Local Foods - Seattle, WA

Farmstand Local Foods' mission is to help establish an economically and environmentally sustainable food system by facilitating and maintaining connections between producers and consumers to demonstrate the value and importance of viable local farms.

Know your farmer

Sidhu Farms - Puyallup, WA

Sidhu's prized blackberry varieties are selected for their large, plump size and amazing flavor profile. Sidhu Farms uses organic growing methods and irrigation from the glacier-fed, nutrient dense Puyallup River which makes for healthy and delicious berries. Blackberries are frozen at peak ripeness and are perfect for smoothies, jams, pies, and so much more.



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