



## Blackberry Cobbler

- 4 cups of fresh blackberries**
- 1 tbsp of lemon juice**
- 1 large egg**
- 1 cup of sugar**
- 1 cup of all-purpose flour**
- 6 tbsp of butter, melted**

Preheat oven to 375°. Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping. Bake at 375° for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes.



## Blackberry Sauce

- 1 1/2 cups of fresh blackberries, washed**
- 1/2 cup of water**
- 3 tbsp of sugar**
- 1 tsp of fresh lemon juice**

In a medium pan, cook berries, 1/4 cup water, sugar, and lemon juice on medium high for 5 mins, stirring occasionally. Transfer to a blender and puree for 30 secs in two 15 sec intervals. Add and blend remaining water. The sauce will be fluid. Store for up to 2 weeks in refrigerator.



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BerryFarm

# Enjoy Your Blackberries!



## Tips and Tricks

## Nutrition Information

## Recipes and Uses





## The Basics of Blackberries

You would never know how many health benefits are associated with blackberries after tasting how delicious they are! Like many fruits, they are high in antioxidant levels. Unlike other fruits, blackberries have the highest level! They help prevent onset of cancer, provide cardiovascular benefits, promote skin, eye, and digestive system health, and provide benefits for women, diabetes, and bone health! They're only 62 calories a cup and contain high levels of many vitamins, tannins, and fiber. With all these benefits and their delicious flavor blackberries are the perfect guilt free snack!

**Picking:** a ripe blackberry is deep black with a plump, full feel. It will pull free from the plant with only a slight tug. If the berry is red or purple, it's not ripe yet..

**Care:** Don't wash berries until you are ready to eat them, as they can get mushy. Refrigerate immediately. Consume as soon as possible to avoid spoilage.

**Freezing:** to keep berries longer consider freezing them for later enjoyment. Spread unwashed berries one layer deep on a sheet pan and freeze. Transfer them to container in freezer. Do this until



## Blackberry Freezer Jam

**3 cups of crushed blackberries (about 6 cups of fresh blackberries)**

**5 1/4 cup of sugar**

**3/4 cup of water**

**1 box of SURE-JELL fruit pectin**

Rinse clean plastic containers and lids with boiling water. Dry thoroughly. Crush blackberries thoroughly, one layer at a time. Measure exactly 3 cups crushed blackberries into large bowl. Stir in sugar. Let stand 10 min., stirring occasionally. Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Continue boiling and stirring 1 min. Add to fruit mixture; stir 3 min. or until sugar is almost dissolved and no longer grainy. Fill containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use.

## No Recipe Needed...

**Try Your Berry These Ways:**

- on top of hot or cold cereal
- With yogurt and granola
- In fruit salad
- As a dessert topping
- Eat them plain, fresh, or frozen